

## Package leaflet: Information for the user

### Tadulan 5 mg, filmomhulde tabletten

**Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.**

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- If you get any side effects talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.

#### What is in this leaflet

1. What <Product name> is and what it is used for
2. What you need to know before you take <Product name>
3. How to take <Product name>
4. Possible side effects
5. How to store <Product name>
6. Contents of the pack and other information

#### 1. What <Product name> is and what it is used for

<Product name> contains the active substance tadalafil which belongs to a group of medicines called phosphodiesterase type 5 inhibitors.

<Product name> is used to treat adult men with:

- **erectile dysfunction.** This is when a man cannot get, or keep a hard, erect penis suitable for sexual activity. Tadalafil has been shown to significantly improve your ability to obtain this.

Following sexual stimulation <Product name> works by helping the blood vessels in your penis to relax, allowing the flow of blood into your penis. The result of this is improved erectile function.

<Product name> will not help you if you do not have erectile dysfunction. It is important to note that <Product name> does not work if there is no sexual stimulation.

You and your partner will need to engage in foreplay, just as you would if you were not taking a medicine for erectile dysfunction.

- urinary symptoms associated with a common condition called **benign prostatic hyperplasia.**

This occurs when the prostate gland gets bigger with age. Symptoms include difficulty in starting to urinate, a feeling of not completely emptying the bladder and a more frequent need to urinate, even at night. <Product name> improves blood flow to, and relaxes the muscles of, the prostate and bladder which may reduce symptoms of benign prostatic hyperplasia. Tadalafil has been shown to improve these urinary symptoms as early as 12 weeks after starting treatment.

#### 2. What you need to know before you take <Product name>

**DO NOT take <Product name> if you**

- are allergic to tadalafil or any of the other ingredients of this medicine (listed in section 6)
- are taking any form of organic nitrate or nitric oxide donors such as amyl nitrite. This is a group of medicines (nitrates) used in the treatment of angina pectoris (chest pain). Tadalafil has been shown to increase the effects of these medicines. If you are taking any form of nitrate or are unsure tell your doctor
- have serious heart disease or had a heart attack within the last 90 days
- had a stroke within the last 6 months
- have low blood pressure or uncontrolled high blood pressure
- ever had loss of vision because of non-arteritic anterior ischaemic optic neuropathy (NAION), also known as “eye stroke”
- are taking riociguat. This drug is used to treat pulmonary arterial hypertension (high blood pressure in the lungs) and chronic thromboembolic pulmonary hypertension (high blood pressure in the lungs caused by blood clots). PDE5 inhibitors, such as tadalafil, have been shown to increase the hypotensive effects of this medicine. If you are taking riociguat or are unsure tell your doctor

**Warnings and precautions**

Talk to your doctor before taking <Product name>.

Be aware that sexual activity carries a possible risk to patients with heart disease because it puts an extra strain on your heart. If you have a heart problem you should tell your doctor.

Since benign prostatic hyperplasia and prostate cancer may have the same symptoms, your doctor will check you for prostate cancer before starting treatment with <Product name>. <Product name> does not treat prostate cancer.

Before taking the tablets, tell your doctor if you have

- sickle cell anaemia (an abnormality of red blood cells)
- multiple myeloma (cancer of the bone marrow)
- leukaemia (cancer of the blood cells)
- any deformation of your penis
- a serious liver problem
- a severe kidney problem

It is not known if <Product name> is effective in patients who have had

- pelvic surgery
- removal of all or part of the prostate gland in which nerves of the prostate are cut (radical non-nerve-sparing prostatectomy)

If you experience sudden decrease or loss of vision or your vision is distorted, dimmed while you are taking <Product name>, stop taking <Product name> and contact your doctor immediately.

Decreased or sudden hearing loss has been noted in some patients taking tadalafil. Although it is not known if the event is directly related to tadalafil, if you experience this, stop taking <Product name> and contact your doctor immediately.

<Product name> is not intended for use by women.

**Children and adolescents**

<Product name> is not intended for use by children and adolescents under the age of 18.

### **Other medicines and <Product name>**

Tell your doctor if you are taking, have recently taken or might take any other medicines.

Do not take <Product name> if you are already taking nitrates.

Some medicines may be affected by <Product name> or they may affect how well <Product name> will work. Tell your doctor or pharmacist if you are already taking:

- an alpha blocker (used to treat high blood pressure or urinary symptoms associated with benign prostatic hyperplasia)
- other medicines to treat high blood pressure
- riociguat
- a 5-alpha reductase inhibitor (used to treat benign prostatic hyperplasia)
- medicines such as ketoconazole tablets (to treat fungal infections) and protease inhibitors for treatment of AIDS or HIV infection
- phenobarbital, phenytoin and carbamazepine (anticonvulsant medicines)
- rifampicin, erythromycin, clarithromycin or itraconazole
- other treatments for erectile dysfunction

### **<Product name> with drink and alcohol**

Information on the effect of alcohol is in section 3. Grapefruit juice may affect how well <Product name> will work and should be consumed with caution. Talk to your doctor for further information.

### **Fertility**

In animal testing there was reduced sperm development in the testes. A reduction in sperm count was seen in some men. These effects are unlikely to lead to a lack of fertility.

### **Driving and using machines**

Some men taking tadalafil in clinical studies have reported dizziness. See how you react to the tablets before driving or using machines.

### **<Product name> contains lactose**

If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicine.

### **<Product name> contains sodium**

This medicine contains less than 1 mmol sodium (23 mg) per tablet, that is to say essentially 'sodium-free'.

## **3. How to take <Product name>**

Always take this medicine exactly as your doctor has told you. Check with your doctor or pharmacist if you are not sure.

### **Method of administration**

<Product name> tablets are for oral use in men only. Swallow the tablet whole with some water. The tablet can be taken with or without food.

Do not take <Product name> more than once a day.

Drinking alcohol may temporarily lower your blood pressure. If you have taken or are planning to take <Product name>, avoid excessive drinking (e.g. more than 900 ml beer or 350 ml wine), since this may increase the risk of dizziness when standing up.

### **For the treatment of erectile dysfunction**

#### Dosage

The recommended dose is one 5 mg tablet taken once a day at approximately the same time of the day. Your doctor may adjust the dose to 2.5 mg based on your response to <Product name>. This will be given as a 2.5 mg tablet.

Not all dosing recommendations are possible using the 5 mg tablets; tadalafil may also be available as 2.5, 10 and 20 mg tablets. Not all dosage strengths may be marketed.

#### Please note

When taken once a day <Product name> allows you to obtain an erection, when sexually stimulated, at any time point during the 24 hours of the day. Once a day dosing of <Product name> may be useful to men who anticipate having sexual activity two or more times per week.

It is important to note that <Product name> does not work if there is no sexual stimulation. You and your partner will need to engage in foreplay, just as you would if you were not taking a medicine for erectile dysfunction.

Drinking alcohol may also affect your ability to get an erection.

### **For the treatment of benign prostatic hyperplasia** Dosage

The dose is one 5 mg tablet taken once a day at approximately the same time of the day. If you have benign prostatic hyperplasia and erectile dysfunction, the dose remains one 5 mg tablet taken once a day.

### **If you take more <Product name> than you should**

Contact your doctor. You may experience side effects described in section 4.

### **If you forget to take <Product name>**

Take your dose as soon as you remember but do not take a double dose to make up for a forgotten tablet. You should not take <Product name> more than once a day.

If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

## **4. Possible side effects**

Like all medicines, this medicine can cause side effects, although not everybody gets them. These effects are normally mild to moderate in nature.

### **If you experience any of the following side effects stop using the medicine and seek medical help immediately**

- allergic reactions including rashes (frequency uncommon)
- chest pain - do not use nitrates but seek immediate medical assistance (frequency uncommon)
- priapism, a prolonged and possibly painful erection after taking <Product name> (frequency rare). If you have an erection which lasts continuously for more than 4 hours you should contact a doctor immediately

- sudden loss of vision (frequency rare), distorted, dimmed, blurred central vision or sudden decrease of vision (frequency not known)

### **Other side effects have been reported**

#### **Common** (may affect up to 1 in 10 people)

- headache
- back pain
- muscle aches
- pain in arms and legs
- facial flushing
- nasal congestion
- indigestion

#### **Uncommon** (may affect up to 1 in 100 people)

- dizziness
- stomach ache
- feeling sick
- being sick (vomiting)
- reflux
- blurred vision
- eye pain
- difficulty in breathing
- presence of blood in urine
- prolonged erection
- pounding heartbeat
- a fast heart rate
- high blood pressure
- low blood pressure
- nose bleeds
- ringing in the ears
- swelling of the hands, feet or ankles
- feeling tired

#### **Rare** (may affect up to 1 in 1,000 people)

- fainting
- seizures
- temporary memory loss
- swelling of the eyelids
- red eyes
- sudden decrease or loss of hearing
- hives (itchy red welts on the surface of the skin)
- penile bleeding
- presence of blood in semen
- increased sweating

Heart attack and stroke have also been reported rarely in men taking tadalafil. Most of these men had known heart problems before taking this medicine.

Partial, temporary, or permanent decrease or loss of vision in one or both eyes has been rarely reported.

**Some additional rare side effects** have been reported in men taking tadalafil that were not seen in clinical trials. These include

- migraine
- swelling of the face
- serious allergic reaction which causes swelling of the face or throat
- serious skin rashes
- some disorders affecting blood flow to the eyes
- irregular heartbeats
- angina
- sudden cardiac death
- distorted, dimmed, blurred central vision or sudden decrease of vision (frequency not known)

Dizziness has been reported more frequently in men over 75 years of age taking tadalafil. Diarrhoea has been reported more frequently in men over 65 years of age taking tadalafil.

### **Reporting of side effects**

If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. You can also report side effects directly [via the national reporting system listed in Appendix V](#). By reporting side effects, you can help provide more information on the safety of this medicine.

## **5. How to store <Product name>**

Keep this medicine out of the sight and reach of children.

Do not use this medicine after the expiry date which is stated on the carton and blister after 'EXP'. The expiry date refers to the last day of that month.

This medicinal product does not require any special storage conditions.

Do not throw away any medicines via wastewater <or household waste>. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

## **6. Contents of the pack and other information**

### **What <Product name> contains**

- The **active** substance is tadalafil.  
One film-coated tablet contains 5 mg tadalafil.
- The other ingredients are: Tablet core  
Lactose monohydrate  
Croscarmellose sodium  
Sodium laurilsulfate (E487)  
Hydroxypropyl cellulose  
Polysorbate  
Cellulose, microcrystalline  
Magnesium stearate

### Coating

Hypromellose  
Lactose monohydrate  
Titanium dioxide (E171)  
Triacetin  
Iron oxide yellow (E172)  
Talc

### **What <Product name> looks like and contents of the pack**

Light yellow, round, biconvex, film-coated tablets with  $6.1 \pm 0.2$  mm diameter.

NL/H/4706/002/DC: Available in blister packs containing 14x1, 28x1, 30x1, 56x1 and 84x1 filmcoated tablets.

NL/H/4707/002/DC: Available in blister packs containing 14x1, 16x1, 28x1, 30x1, 56x1, 84x1, 98x1 and 100x1 film-coated tablets.

NL/H/4708/001/DC: Available in blister packs containing 14x1 and 28x1 film-coated tablets.

Not all pack sizes may be marketed.

### **Marketing Authorisation Holder**

STADA Arzneimittel AG  
Stadastr.2-18  
61118 Bad Vilbel  
Duitsland

### **Manufacturer**

STADA Arzneimittel AG  
Stadastrasse 2 – 18  
61118 Bad Vilbel  
Germany

STADA M&D SRL  
Str. Trascăului, nr 10,  
RO-401135, Turda  
Romania

### **This medicinal product is authorised in the Member States of the EEA under the following names:**

Nederland	Tadulan 5 mg, filmomhulde tabletten
Griekenland	Tadulan 5 mg
Hongarije	Tadulan 5 mg filmtabletta
Slowakije	Tadulan 5 mg filmom obalené tablety

**Deze bijsluiter is voor het laatst goedgekeurd in mei 2025**