

Package leaflet: Information for the user

Tadulan 10 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.

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.

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.

Dosage

The recommended starting dose is 10 mg of tadalafil before sexual activity. If the effect of this dose is too weak your doctor may increase the dose to 20 mg.

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

Method of administration

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

The tablet can be divided into equal doses.

You may take a <Product name> tablet at least 30 minutes before sexual activity. <Product name> may still be effective up to 36 hours after taking the tablet.

Do not take <Product name> more than once a day. Doses of 10 mg and 20 mg are intended for use prior to anticipated sexual activity and are not recommended for continuous daily use.

Please note

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 and 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.

If you take more <Product name> than you should

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

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. Divided tablets should be disregarded after 4 weeks of storage.

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 10 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

Yellow, round, biconvex, film-coated tablets with score line on one side, white at the cross section with 8.1 ± 0.2 mm diameter. The tablets can be divided into equal doses.

NL/H/4706/003/DC: Available in blister packs containing 4x1, 8x1, 12x1, 24x1, 36x1 and 48x1 film-coated tablets.

NL/H/4707/003/DC: Available in blister packs containing 4x1, 8x1, 12x1, 16x1, 20x1, 24x1,

28x1, 30x1, 36x1, 48x1 and 60x1 film-coated tablets.

NL/H/4708/002/DC: Available in blister packs containing 4x1, 8x1 and 12x1 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
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This medicinal product is authorised in the Member States of the EEA under the following names:

Nederland	Tadulan 10 mg, filmomhulde tabletten
Griekenland	Tadulan 10 mg
Hongarije	Tadulan 10 mg filmtabletta
Roemenië	TADULAN 10 mg comprimate filmate

Deze bijsluiter is voor het laatst goedgekeurd in mei 2025