

## Policy Statement; Prescribing for Erectile Dysfunction

Mid-Essex Clinical Commissioning Group supports the prescribing of the following PDE5 inhibitors for erectile dysfunction (ED) only:

- 1<sup>st</sup> line Generic on demand sildenafil. Generic sildenafil was removed from the Selected List Scheme ('SLS') from August 2014. No private prescriptions. Viagra Connect is available OTC.
- 2<sup>nd</sup> line Generic on demand tadalafil. NHS prescribing if patient meets SLS criteria. Offer private prescription if patient does not meet SLS criteria.

### Quantity

**Prescribing is restricted to 4 tablets per month. (Department of health recommendation)**

- Prescribers should be aware of the risks of excessive prescribing which can lead to unlicensed, unauthorised, diversion of supply (PDE5 inhibitors have "street value") and/or possible dangerous use.
- 4 tablets a month is deemed to provide an equitable quantity with respect to our population needs
- Patients wishing to use more than the DoH recommended quantity of 4 tablets per month may top up by purchasing the OTC product.

All other medications for erectile dysfunction, including branded PDE5 inhibitors Viagra®, remain on the 'SLS' list and are non-formulary.

**Daily tadalafil tablets (2.5mg and 5mg) are non-formulary and should not be prescribed.**

The available data does not suggest that daily tadalafil gives better results compared with on demand treatment in the general ED population. Cialis (tadalafil) once daily costs approximately 25 times more than treatment with generic tadalafil on demand.

Daily tadalafil provides a dose roughly equivalent to taking on demand tadalafil twice weekly on a regular basis. Since prescribing of on demand PDE5 inhibitors is limited to 4 per month, it is considered inequitable to offer daily tadalafil tablets. Daily tadalafil was included in the NHS England list of Items which should not routinely be prescribed in primary care. **Prescribing of daily tadalafil in NHS Mid Essex is not supported.**

PDE5 inhibitors are effective in approximately 80% of patients. Patients who fail to respond or cannot be prescribed a PDE5 inhibitor can still be managed in primary care, particularly by GPs with a special interest, or referral to a specialist.

Pumps and other non-oral medication licensed for erectile dysfunction can be prescribed on FP10 but only for patients falling within the 'SLS' criteria, all prescriptions should be endorsed 'SLS'.

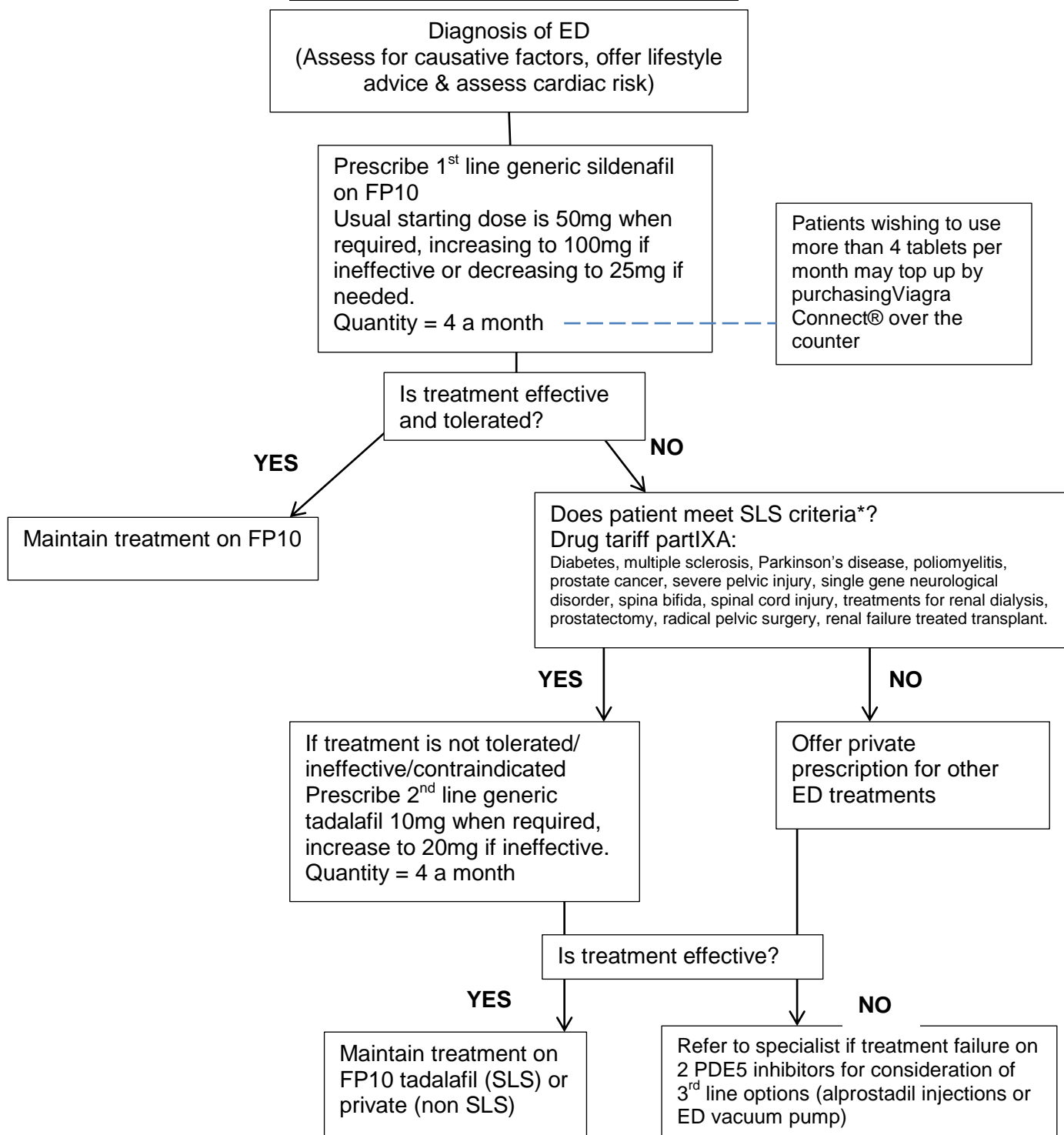
### Private prescriptions

- Generic sildenafil cannot be prescribed privately for any NHS patients using it for ED
- Other ED medication cannot be prescribed privately for NHS patients with ED that meet SLS criteria
- PDE-5 inhibitors can be prescribed privately for patients that do not meet the SLS criteria.

### Recommendations:

- Prescribing on the NHS is permitted for generic sildenafil (1<sup>st</sup> line) for ED.
- Advise patients on the availability of Viagra Connect to purchase from pharmacies or the Viagra connect website and other legitimate sites.
  - ED medication are among the most commonly counterfeited medicines in Europe
  - Buying online should only be through legitimate sources
- Prescribing on the NHS is permitted for generic on demand tadalafil (2<sup>nd</sup> line) for ED if SLS criteria met
- Existing patients prescribed Cialis should be switched to generic on demand tadalafil.
- No new prescribing of once daily tadalafil in primary care.
- Existing patients prescribed daily tadalafil/Cialis should be switched to weekly/PRN tadalafil and treated as per the usual ED guidance.

### Prescribing PDE5 inhibitors flow chart



	Sildenafil	Tadalafil
<b>Time taken before actual sexual activity</b>	1 hour	At least 30 minutes
<b>Tmax</b>	30 -120 min (median 60 min)	2 hours (median)
<b>Time to erection</b>	25 min (range 12-37 min)	16 min - 36 hours
<b>Time still able to produce erection post dose</b>	4-5 hours	Up to 36 hours
<b>Effect of food intake</b>	Rate of absorption reduced by mean 60 mins when consumed with food	Not affected

Title	<b>Erectile Dysfunction prescribing policy</b>
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Author	Medicines Optimisation Team, Mid Essex CCG
Reference:	Wiltshire CCG Erectile Dysfunction Practical prescribing guidance
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Previous version	Key Changes
August 2014	Changes to format, document control added
February 2015	Addition of generic tadalafil Flow chart added