

Important information about SPEDRA[®]

Your doctor has recommended that you try SPEDRA[®] for the treatment of your impotence. To help you achieve success with SPEDRA[®], please ensure that you read all of the information in this booklet and the SPEDRA[®] Consumer Medicine Information included with each SPEDRA[®] pack, or online at <https://mediscene.com.au/medicines>

Do not share SPEDRA[®] with others, even if their symptoms seem to be the same or similar to yours. Speak to your doctor if you have any questions or concerns about taking SPEDRA[®].



What is SPEDRA[®] used for?

SPEDRA[®] is used to treat erectile dysfunction, more commonly known as impotence, in adult men.

This is when a man cannot get, or keep, a hard erect penis suitable for sexual activity.

SPEDRA[®] works by dilating the blood vessels supplying the penis. This increases the blood flow into the penis and helps it stay hard and erect when you get sexually aroused. SPEDRA[®] does not cure impotence.¹

It is important to note that SPEDRA[®] only works if you are both mentally and sexually aroused.

SPEDRA[®] will not increase your sex drive.

Achieving the best possible response with SPEDRA[®]

Your doctor may start you on a low dose of SPEDRA[®] and increase the dose based on how you respond.

Remember that you should take SPEDRA[®] approximately 15-30 minutes before you anticipate having sex.

You may not get a response if you attempt sexual activity sooner or if you are not physically and mentally aroused.

It is important to talk to your doctor about your response after trying SPEDRA[®], and any factors that could have impacted so your doctor can determine the most effective dose for you. It may take a few attempts to achieve a good response, so don't lose hope.²

How to take SPEDRA®

Swallow the tablet whole with water. Do not break the tablet. Do not take more than one dose of SPEDRA® in a 24 hour period.

SPEDRA® can be taken with or without food. If SPEDRA® is taken with food, there may be a delay in how fast the medicine works compared to taking it on an empty stomach.¹

Substantial consumption of alcohol may interfere or delay SPEDRA®'s effectiveness and increase some side effects.

The tablets are pale yellow oval, debossed with the strength ("200", "100", "50") on one side.

Tablet shown is not actual size.



Possible side effects

Please read the SPEDRA® Consumer Medicine Information for a full list of possible side effects. Talk to your doctor if you have any concerns about taking SPEDRA®.

The most common side effects are headache, flushing, dizziness or light-headedness, nasal or sinus congestion, feeling sleepy or very tired, back pain, indigestion, feeling or being sick in the stomach.

- It is important that you report any side effects to your doctor
- If you experience dizziness or light-headedness, you should not drive or operate heavy machinery.

Do not take SPEDRA® if you have a heart problem or very low or very high blood pressure unless your doctor has advised you that it is ok to take SPEDRA®. If you are not sure whether SPEDRA® is safe for you, ask your doctor.

Possible causes of Erectile Dysfunction

Multiple factors can contribute to why you are not achieving an erection.

These may include general aging, other medical conditions, surgery, medicines, fatigue, stress, anxiety, nervousness, recent relationship problems and excessive alcohol intake.

Talking to your doctor will help you figure out why this might be happening and what can be done to improve your situation.

Lifestyle changes can reduce some of the above risks and improve your physical and sexual health;

Improve your eating habits	Increase exercise
Maintain a healthy weight	Limit alcohol
Stop smoking	Sleep more (7-8 hours per night)



SPEDRA® is available in strengths of 200mg, 100mg and 50mg tablets.



For more information on erectile dysfunction and other sexual dysfunctions:
www.healthymale.org.au

Always read the label, follow the directions for use. If symptoms persist talk to your healthcare professional.