

Pulmonary Arterial Hypertension Medicines Phosphodiesterase Type 5 Inhibitors: Sildenafil (Revatio®), Tadalafil (Acirca®)

The name of the medicine is:

Sildenafil (Revatio®), and/or tadalafil (Acirca®) are used to treat Pulmonary Arterial Hypertension (PAH).

They help blood vessels in the body to open. This may help to lower the overall pressure in blood vessels and decrease how hard the heart must work. Anyone with PAH can use this type of medicine, if they have no other medical reasons that would prevent it.

If you have concerns or want more information about this medicine and its use, check with your health care team.

Please keep this and all other medicines out of the reach of children. Do not share medicines with other people.

Before Using This Medicine

There are many causes for an increase in pulmonary artery pressure. A doctor should do a full medical exam and history before you take this medicine.

Tell your health care team if you:

- Are allergic to any medicine (prescription or over the counter)
- Take any other prescription or over-the-counter medicine (**especially nitrates such as nitroglycerine**)
- **Do not** eat or drink anything that has grapefruit or Seville oranges while you take this medicine

- Have any other medical problems:
 - Heart disease
 - Chest pain
 - Irregular heartbeats
 - Stomach ulcers
 - Bleeding disorders
 - Eye disease
 - Sickle cell anemia
 - Multiple myeloma
 - Leukemia
 - Liver disease
 - High or low blood pressure
 - A stroke or heart attack in the past 3 to 6 months

How to Use

Take these medicines by mouth and as directed by a doctor and pharmacist.

The combination of sildenafil and nitrate medicines (often used to treat chest pain) can cause a rapid drop in blood pressure. **Do not** take these together or in the same day unless under the direct supervision of a doctor.

If you need medical help, make sure that you or someone else tells those caring for you that you take daily sildenafil or tadalafil for pulmonary arterial hypertension.

Common Dosing

1. **Revatio®** – 20 mg three times per day up to 80 mg three times per day
2. **Acirca®** – 40 mg once a day

They also come in generic form. Ask your doctor or pharmacist.

Side Effects

When to Call

Call your doctor if you have:

- An allergic reaction such as:
 - Itching or hives
 - Swelling in your face, hands, or mouth
 - Tingling in your mouth or throat
 - Chest tightness
 - Trouble breathing that was not present before therapy began
- An erection lasting longer than 4 hours
- Vision changes
- Hearing changes
- Chest pain
- Fast, pounding, or irregular heartbeat
- Dizziness or fainting
- Shortness of breath that you did not have before starting this medicine
- Numbness or weakness
- Sudden or severe headache
- Problems talking or walking

It is possible to have side effects that **do not** need to be treated. These may go away over time. If they continue or bother you, check with your health care team before you stop the medicine.

Side effects may include:

- Headache
- Flushing (warmth or redness in your face, neck, arms, or upper chest)
- Stuffy or runny nose, dry mouth
- Heartburn
- Diarrhea
- Anxiety

If you have any other effects not listed, check with your health care team.

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 8/2022. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#6716