

Information about changes to medicines or treatments on the Health Service: **Changes to once-daily tadalafil prescribing**

The Health Service is asking doctors to stop or greatly reduce the prescribing of some treatments on prescription. This is because the treatments are:

- Not as safe as other treatments OR
- Not as good (effective) as other treatments OR
- More expensive than other treatments that do the same thing.

One of these medicines is once-daily tadalafil.

This document will explain why the changes are happening and where you can get more information and support.

Tadalafil comes in two different forms. This new recommendation only applies to tadalafil, which is taken every day (“once-daily”) 2.5mg and 5mg tablets, not to tadalafil taken “when required” 10mg and 20mg tablets.

What is tadalafil?

Tadalafil is a medicine that is given to men who have difficulty in getting an erection before sex and keeping it during sex. This can happen for different reasons.

Tadalafil is also used to treat a condition in men called benign prostatic hyperplasia, where the prostate gland gets bigger.

Why does the Health Service want to reduce prescribing of once-daily tadalafil?

Tadalafil can be taken in two different ways. A single, higher strength tablet (10mg or 20mg) can be taken “when required” just before sex or a

lower strength tablet (2.5mg or 5mg) can be taken once-daily, every day. The “when required” medicines are much less expensive than once-daily tadalafil, so it is not good value for money. There is not enough evidence to recommend once-daily tadalafil rather than the “when required” medicines.

The National Institute for Health and Care Excellence (NICE) says that there is not enough evidence to use once-daily tadalafil in benign prostatic hyperplasia.

What options are available instead of once-daily tadalafil?

This depends on the condition you are taking it for. If you are taking once-daily tadalafil to help you to get and keep an erection, you may be prescribed one of the “when required” medicines.

You can talk to your doctor about the options available so that you can come to a joint decision about what’s best for you.

Where can I find more information and support?

- You can speak to your local pharmacist, GP or the person who prescribed the medication to you
- National and local charities can offer advice and support, for example: Prostate Cancer UK <https://prostatecanceruk.org/>
- The Patient and Client Council can also offer support and advice: <http://www.patientclientcouncil.hscni.net/> or call 0800 917 0222.