

PHOSPHODIESTERASE TYPE 5 INHIBITOR PATIENT TREATMENT AGREEMENT

PDE5 stands for phosphodiesterase type 5, and PDE5 inhibitors are a class of drugs that treat a variety of conditions:

- **Erectile dysfunction (ED):** PDE5 inhibitors are the first-line treatment recommended by the American Urological Association (AUA) and the European Association of Urology (EAU) for ED caused by psychogenic, vascular, or neuropathic factors. PDE5 inhibitors work by decreasing the metabolism of cGMP, which is an enzyme that degrades during penile erections and prevents the body from achieving and maintaining an erection. PDE5 inhibitors are selective, competitive, and reversible. Some PDE5 inhibitors used to treat ED include sildenafil (Viagra), tadalafil (Cialis), vardenafil (Levitra), and avanafil (Stendra).
- **Benign prostatic hyperplasia (BPH):** Some PDE5 inhibitors, such as Cialis and its generic, can also treat BPH.
- **Pulmonary arterial hypertension (PAH):** Certain forms of sildenafil (Revatio, Liquev) and tadalafil (Adcirca, Alyq, Tadliq) are approved to treat PAH because the pulmonary vasculature has many PDE5 receptors.

PDE5 inhibitors are orally administered vasodilators that work in conjunction with NO or prostanoids. Many PDE5 inhibitors are available as both brand-name and generic medications.

Phosphodiesterase type 5 (PDE5) inhibitors are generally well tolerated, but they can have side effects that depend on the dose and type of agent. Common side effects include:

- **Headaches:** A very common side effect, occurring in more than 10% of patients
- **Visual changes:** These include photophobia, cyanopsia, and haze, which can often be reversed after stopping the medication. Other ophthalmologic disturbances include keratitis, ocular surface abnormalities, chorioretinopathy, vessel occlusion, retinal detachment, and optic neuropathy
- **Gastrointestinal symptoms:** These include dyspepsia and nausea
- **Nasal congestion:** Also known as rhinitis
- **Flushing:** More common with sildenafil
- **Dizziness:** A common side effect
- **Back pain and muscle aches:** More common with tadalafil

Rare but serious side effects include prolonged erections lasting more than 4 hours and priapism, which are painful erections lasting more than 6 hours. PDE5 inhibitors can also cause decreased blood pressure, rash, and hepatotoxicity.

Some absolute contraindications for PDE5 inhibitors include:

- Hypersensitivity issues in the past
- Heart failure

Advanced Practice Nursing Specialists

- Heart (cardiovascular) disease
- High-risk conditions like unstable angina, severe heart failure, recent heart attack or heart valve problems, and severe heart rhythm problems

I understand that the use of nitroglycerin or nitrate based medications such as Imdur or Isordil, among others, in combination with PDE5 inhibitors can cause an additive and dangerous drop in blood pressure resulting in fainting, heart attack, or stroke. I will disclose to my practitioner if I am on such a medication or inform my practitioner if I am prescribed it at a later time while taking a PDE5 inhibitor.

I have read all the above information and willingly choose a PDE5 inhibitor for my erectile dysfunction. I have had all my questions regarding this and other available methods answered to my satisfaction.

By signing this agreement, I attest that I do not have any of the contraindication conditions, I do not have family history of any of the contraindicated conditions and have fully disclosed all necessary information to my nurse practitioner in order for him/her to make an informed and safe medical decision in prescribing me a PDE5 Inhibitor. Further, I agree to follow the prescription and directions of the pharmacist and nurse practitioner without variation, and if I have any questions or concerns, or experience any possible side effects, I will contact my nurse practitioner immediately and fully disclose my condition and await instructions from my nurse practitioner on how to proceed.

BY CLICKING "I AGREE" AND PROVIDING YOUR ELECTRONIC SIGNATURE, YOU ARE PROVIDING YOUR INFORMED CONSENT TO RECEIVE PDE5 INHIBITOR TREATMENT THROUGH THIS SERVICE. YOU CERTIFY THAT YOU ARE NOT CONSENTING ON BEHALF OF A MINOR CHILD, AS THIS SERVICE DOES NOT PROVIDE THIS TREATMENT TO INDIVIDUALS UNDER THE AGE OF 18.

Signature

Date

Print Name

Updated June 2026

Advanced Practice
Nursing Specialists, LLC
9205 W Russell Rd Suite 305
Las Vegas, NV 89148

info@apnshealth.com
www.apnshealth.com