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Understand how to improve your love life with Viagra. Remember if you have a pharmacist.

Do not take it if you are also taking nitrate drugs (for your angina, for example) and it must not be taken if you have heart or blood vessel problems that make sexual activity not advisable.

- If you are not used to physical exertion or exercise have sex slowly and gently until you feel stronger. If you feel out of breath at any time, just stop and take it easy, if you continue to feel faint or out of breath then seek medical attention.
- Viagra works by relaxing the blood vessels in your penis during sexual excitement. This allows blood to flow to the penis and an erection to happen in a normal way.

Advice when taking Viagra

This is my first time taking Viagra

- Make sure you are relaxed and remember that Viagra only works if you are sexually aroused. Viagra does not produce an erection automatically, an erection occurs once you are sexually stimulated.

When do I take it?

- One tablet should be swallowed whole with some water half an hour or an hour before sexual stimulation is likely to begin.

Can I drink alcohol?

- Drink only in moderation. Avoid drinking too much alcohol as this can decrease sexual response.

Can I eat what I want?

- Yes, but Viagra will take effect sooner without a high fat meal beforehand.

How long does it last for?

- A good time to have sexual activity is from half an hour after taking it. In some men, Viagra can still be effective if sexual activity is within 4-5 hours, and in some cases longer.

It worked, what next?

- If Viagra worked as you wanted it to then stick to the same plan and the same dose.

It could have worked better

- Viagra didn't work as you wanted it to, then try again using the same dose. Remember to take no more than one tablet in a day. Some men may need 3 or more attempts before they are happy with their erections. If you are still not satisfied then go back to your doctor.

I felt a little nervous

- Some men find the situation stressful, and anxiety can dampen the sexual arousal. Remember to relax and take your time.

What are the side effects?

- All medicines have side effects. You may not experience any of them. Some side effects may occur such as headache and facial flushing, and these are usually mild to moderate and disappear. Less common side effects are indigestion, dizziness, stuffy nose and effects on vision (predominantly a blue colour tinge to vision and increased brightness of light or blurred vision).

Can I take half a tablet?

- Viagra tablets are made to be taken whole and not split in half.

Is Viagra an aphrodisiac?

- No, and it does not increase libido. It has no benefit in men who do not have erection problems.

Who can take Viagra?

- Only those men who have seen their doctor and have been prescribed Viagra.

Can I take Viagra with my other medications?

- If you are taking any other medications then discuss this with your doctor before taking Viagra.

Further Information

For further information you can call 1800 800 614. This is a free call and does not appear on your telephone bill. This is an organization called Impotence Australia and trained counsellors can answer any more questions you may have. They also have a website www.impotenceaustralia.com.au

Please refer to Consumer Medication Information before taking Viagra. This is available from your pharmacist or Pfizer.