

Heart Function Medications

Phosphodiesterase-5 Enzyme Inhibitor



- ☐ Sildenafil (Revatio) is usually taken 3 times a day
- ☐ Tadalafil (Adcirca) is usually taken 1 time a day

What do Phosphodiesterase-5 Enzyme Inhibitors do?

Phosphodiesterase-5 Enzyme Inhibitors relax blood vessels in the lungs. This helps to decrease the blood pressure in your lungs. It helps blood get through the lungs and back to the rest of the body.

What are the most common side effects?

- Headache
- Dizziness
- Flushing
- Indigestion
- Nasal Congestion
- Cold-like symptoms
- Frequent erections (if prolonged or painful, this is an emergency)

If you are worried about any symptoms after starting this new medication (even if they are not listed here) please call and let us know so that we can help you.

Who do I call if I have questions or concerns?

Cardiology Clinic	Nurse Care Managers		Cardiologist On-Call
323-361-2461 Office Hours: Monday to Friday 8:00 a.m. to 5:30 p.m.	Ani Yeremian 323-361-4622 ayeremian@chla.usc.edu	Kristen Ray 323-361-3355 kray@chla.usc.edu	323-660-2450 Dial "0" for the Operator, ask for the Cardiologist On-Call; Use this number if it is after the clinic closes, on weekends and holidays

Heart Institute

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Approved by PFE 05/13/25