

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

The NHS will be asking doctors to stop or greatly reduce the prescribing of some medicines from December 2017. This is because the medicines are:

- Not as safe as other medicines OR
- Not as good (effective) as other medicines OR
- More expensive than other medicines 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”), not to tadalafil taken “when required”.

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 due to different causes such as diabetes, multiple sclerosis, prostate cancer, Parkinson’s disease and others.

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

It is sometimes used for long-term problems with erections after an operation to remove all or part of the prostate gland, often due to prostate cancer.

Tadalafil does not have a licence for this use because there is not enough evidence that it works. Having a licence means that a medicine has passed tests to ensure that it is effective.

Approval date: May 2018

Review date: May 2020

Approved for use in South East London by:

South East London Area Prescribing Committee. A partnership between NHS organisations in South East London: Bexley/ Bromley/ Greenwich/ Lambeth/ Lewisham & Southwark Clinical Commissioning Groups (CCGs) & GSTFT/KCH/SLAM/Oxleas NHS Foundation Trusts & Lewisham & Greenwich NHS Trust

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

Tadalafil can be taken in two different ways. A single, higher strength tablet can be taken “when required” just before sex or a lower strength tablet can be taken once-daily, every day. There are several “when required” medicines that 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.

There is also not enough evidence to use once-daily tadalafil for long term problems with erections after removal of all or part of the prostate gland after surgery.

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 other “when required” medicines.

If you have already tried the other “when required” medicines, but they haven’t worked you may be given “when required” tadalafil.

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 Patients Association can also offer support and advice: www.patients-association.org.uk/ or call 020 8423 8999

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- Healthwatch: www.healthwatch.co.uk

Find out more about the medicines that are being stopped or reduced:

<https://www.england.nhs.uk/medicines/items-which-should-not-be-routinely-prescribed/>

If you have any questions about tadalafil prescribing please email them to: england.medicines@nhs.net

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