

## Package leaflet: Information for the patient

# Talys

## 20 mg Film-Coated Tablets

### Tadalafil

**Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.**

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet.

#### What is in this leaflet

1. What Talys is and what it is used for
2. What you need to know before you take Talys
3. How to take Talys
4. Possible side effects
5. How to store Talys
6. Contents of the pack and other information

#### 1. What Talys is and what it is used for

Talys is used to treat adult men with erectile dysfunction. This is when a man cannot get, or keep a hard, erect penis suitable for sexual activity. Talys has been shown to significantly improve the ability of obtaining a hard erect penis suitable for sexual activity.

Talys contains the active substance tadalafil which belongs to a group of medicines called phosphodiesterase type 5 inhibitors. Following sexual stimulation Talys works by helping the blood vessels in your penis to relax, allowing the flow of blood into your penis. The result of this is improved erectile function. Talys will not help you if you do not have erectile dysfunction.

It is important to note that Talys for the treatment of erectile dysfunction does not work if there is no sexual stimulation. You and your partner will need

to engage in foreplay, just as you would if you were not taking a medicine for erectile dysfunction.

#### 2. What you need to know before you take Talys Do not take Talys

- If you are allergic to tadalafil or any of the ingredients of this medicine (listed in section 6).
- If you are taking any form of organic nitrate or nitric oxide donors such as amyl nitrite. This is a group of medicines (nitrates) used in the treatment of angina pectoris (chest pain). Talys has been shown to increase the effects of these medicines. If you are taking any form of nitrate or are unsure, tell your doctor.
- If you have serious heart disease or recently had a heart attack within the last 90 days.
- If you recently had a stroke within the last 6 months.
- If you have low blood pressure or uncontrolled high blood pressure.
- If you ever had loss of vision because of Non-Arteritic Anterior Ischemic Optic Neuropathy (NAION), a condition sometimes described as “stroke of the eye”.
- If you are taking riociguat. This drug is used to treat pulmonary arterial hypertension (i.e., high blood pressure in the lungs) and chronic thromboembolic pulmonary hypertension (i.e., high blood pressure in the lungs secondary to blood clots). PDE5 inhibitors, such as Talys, have been shown to increase the hypotensive effects of this medicine.
- If you are taking riociguat or are unsure tell your doctor.

#### Warnings and precautions

Talk to your doctor before taking Talys. Be aware that sexual activity carries a possible risk to patients with heart disease because it puts an extra strain on your heart. If you have a heart problem you should tell your doctor.

#### Before taking the tablets tell your doctor if you have:

- Sickle cell anemia (an abnormality of red blood cells).
- Multiple myeloma (cancer of the bone marrow).

- Leukemia (cancer of the blood cells).
- Any deformation of your penis.
- A serious liver problem.
- A severe kidney problem.

It is not known if Talys is effective in patients who have had:

- Pelvic surgery.
- Removal of all or part of the prostate gland in which nerves of the prostate are cut (radical non-nerve-sparing prostatectomy).

If you experience sudden decrease or loss of vision, stop taking Talys and contact your doctor immediately.

Decreased or sudden hearing loss has been noted in some patients taking tadalafil. Although it is not known if the event is directly related to tadalafil, if you experience decreased or sudden hearing loss, stop taking Talys and contact your doctor immediately.

Talys is not intended for use by women.

#### Children and adolescents

Talys is not intended for use by children and adolescents under the age of 18.

#### Other medicines and Talys

Tell your doctor if you are taking, have recently taken or might take any other medicines.

Do not take Talys if you are already taking nitrates.

Some medicines may be affected by Talys or they may affect how well Talys will work. Tell your doctor or pharmacist if you are already taking:

- An alpha blocker (used to treat high blood pressure or urinary symptoms associated with benign prostatic hyperplasia).
- Other medicines to treat high blood pressure.
- Riociguat.
- A 5- alpha reductase inhibitor (used to treat benign prostatic hyperplasia).
- Medicines such as ketoconazole tablets (to treat fungal infections) and protease inhibitors for treatment of AIDS or HIV infection.

- Phenobarbital, phenytoin and carbamazepine (anticonvulsant medicines).
- Rifampicin, erythromycin, clarithromycin or itraconazole.
- Other treatments for erectile dysfunction.

#### Talys with food, drink and alcohol

You may take this medicine with or without food. Drinking alcohol may affect your ability to get an erection and may temporarily lower your blood pressure. If you have taken or are planning to take Talys, avoid excessive drinking (blood alcohol level of 0.08 % or greater), since this may increase the risk of dizziness when standing up. Grapefruit juice may affect how well Talys will work and should be taken with caution. Talk to your doctor for further information.

#### Fertility

When dogs were treated there was reduced sperm development in the testes. A reduction in sperm was seen in some men. These effects are unlikely to lead to a lack of fertility.

#### Driving and using machines

This medicine may produce dizziness. Check carefully how you react to this medicine before driving or using machines.

#### Talys contains lactose

If you have an intolerance to some sugars, contact your doctor before taking this medicine.

#### 3. How to take Talys

Always take this medicine exactly as your doctor has told you. Check with your doctor or pharmacist if you are not sure.

Talys tablets are for oral use in men only. Swallow the tablet whole with some water. The tablets can be taken with or without food.

The recommended starting dose is 10 mg before sexual activity. However, you have been given the dose of one 20 mg tablet as your doctor has decided that the recommended dose of 10 mg is too weak. You may take a Talys tablet at least 30 minutes before sexual activity.

Talys may still be effective up to 36 hours after taking the tablet.

Do not take Talys more than once a day. Talys at a dose of 10 mg and 20 mg is intended for use prior to anticipated sexual activity and is not recommended for continuous daily use.

It is important to note that Talys does not work if there is no sexual stimulation. You and your partner will need to engage in foreplay, just as you would if you were not taking a medicine for erectile dysfunction.

#### If you take more Talys than you should

Contact your doctor. You may experience side effects described in section 4.

If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

#### 4. Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them. These effects are normally mild to moderate in nature.

#### If you experience any of the following side effects stop using the medicine and seek medical help immediately:

- Allergic reactions including rashes (frequency uncommon).
- Chest pain: Do not use nitrates in that case and seek immediate medical assistance (frequency uncommon).
- Priapism, a prolonged and possibly painful erection after taking Talys (frequency rare). If you have such an erection, which lasts continuously for more than 4 hours you should contact a doctor immediately.
- Sudden loss of vision (frequency rare).

Other side effects have been reported:

#### Common side effects include

Headache, back pain, muscle aches, pain in arms and legs, facial flushing, nasal congestion and indigestion.

#### Uncommon side effects include

Dizziness, stomach ache, feeling sick, being sick

(vomiting), reflux, blurred vision, eye pain, difficulty in breathing, presence of blood in urine, prolonged erection, pounding heartbeat sensation, a fast heart rate, high blood pressure, low blood pressure, nose bleeds, ringing in the ears, swelling of the hands, feet or ankles and feeling tired.

#### Rare side effects include

Fainting, seizures and passing memory loss, swelling of the eyelids, red eyes, sudden decrease or loss of hearing, hives (itchy red welts on the surface of the skin), penile bleeding, presence of blood in semen and increased sweating.

Heart attack and stroke have been reported rarely in men taking tadalafil tablets. Most of these men had known heart problems before taking this medicine.

Partial, temporary, or permanent decrease or loss of vision in one or both eyes has been rarely reported.

Some additional rare side effects have been reported in men taking Talys. These include: migraine, swelling of the face, serious allergic reaction which causes swelling of the face or throat, serious skin rashes, some disorders affecting blood flow to the eyes, irregular heartbeats, angina and sudden cardiac death.

The side effects dizziness have been reported more frequently in men over 75 years of age taking tadalafil tablets. Diarrhoea has been reported more frequently in men over 65 years of age taking tadalafil tablets.

If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet.

#### 5. How to store Talys

- Keep this medicine out of the sight and reach of children.
- Do not use this medicine after the expiry date which is stated on the blister and the outer packaging. The expiry date refers to the last day of that month.

- Do not store above 30°C. Keep away from humidity.
- Do not use this medicine if you notice visible signs of deterioration.
- Do not throw away any medicines via wastewater. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

#### 6. Contents of the pack and other information

##### What Talys contains

- The active substance is tadalafil. Each Talys 20 mg tablet contains 20 mg of tadalafil.
- The other ingredients are lactose, microcrystalline cellulose, sodium lauryl sulfate, magnesium stearate, croscarmellose sodium, talc, polyvinyl alcohol-polyethylene glycol copolymer, titanium dioxide, simethicone and hydroxypropylcellulose.

##### What Talys looks like and contents of the pack

Talys 20 mg tablets are round white film-coated tablets.

Talys is available in boxes containing 1 film-coated tablet or 4 film-coated tablets.

##### Marketing Authorisation Holder and Manufacturer

Pharmaline s.a.l. – Lebanon  
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Contact us: pharmaline@maliagroup.com  
Website: www.pharmaline.com.lb

Reg. No. in Lebanon for Talys 20 mg, 4 film-coated tablets: 194148/05

Reg. No. in Lebanon for Talys 20 mg, 1 film-coated tablet: 41820/1

##### This is a medicament

- A medicament is a product which affects your health, and its consumption contrary to instructions is dangerous for you.
- Follow strictly the doctor's prescription, the method of use and the instructions of the pharmacist who sold the medicament.
- The doctor and the pharmacist are experts in medicine, its benefits and risks.
- Do not by yourself interrupt the period of treatment prescribed for you.
- Do not repeat the same prescription without consulting your doctor.
- Keep all medicaments out of reach of children.

##### Council of Arab Health Ministers

##### Union of Arab Pharmacists

The leaflet was last revised in February 2022.