

Prescribing of PDE5 inhibitors for the treatment of erectile dysfunction

Generic sildenafil has been removed from the Selected List Scheme ('SLS'), which restricts NHS prescribing to certain circumstances. All other medications and devices for the treatment of erectile dysfunction (including branded sildenafil, Viagra®) remain on the 'SLS' list and are non-formulary in Thurrock CCG, and Basildon and Brentwood.

There are four PDE5 inhibitors available for the treatment of erectile dysfunction (ED), sildenafil (Nipatra®, Viagra®, Vizarsin®), tadalafil (Cialis®, including Cialis® once daily regimen 2.5mg and 5mg tablets), vardenafil (Levitra®) and avanafil (Spedra®). There is no convincing evidence that any one PDE5 inhibitor is safer or more effective than any other. Therefore, generic sildenafil is the formulary choice PDE5 inhibitor, and all other PDE5 inhibitors are non-formulary and not recommended for GP prescribing.

As a result of the changes to the 'SLS' list, generic sildenafil can now be prescribed for **any** male patient presenting with erectile dysfunction.

Treatment quantity prescribed on the NHS is restricted to 4 tablets per month.

Vacuum pumps and other non-oral medication licensed for erectile dysfunction can be prescribed on FP10 prescription but only for patients falling within the 'SLS' criteria, **all prescriptions should be endorsed 'SLS'**, for the prescription to be reimbursed.

'SLS' criteria-treatment on the NHS should only be made in men who:

- Have diabetes, multiple sclerosis, Parkinson's disease, poliomyelitis, prostate cancer, severe pelvic injury, single gene neurological disease, spina bifida or spinal cord injury.
- Are receiving dialysis for renal failure.
- Have had radical pelvic surgery, prostatectomy or kidney transplant.
- Were receiving Caverject®, Erecnos®, MUSE®, Viagra® or Viridal® for ED, at the expense of the NHS, on 14th September 1998

Generic sildenafil is the first line formulary PDE5 inhibitor.

The following PDE5 inhibitors are non-formulary and not recommended for GP prescribing:

- **Viagra®**
- **Tadalafil (Cialis®, including once daily Cialis®)**
- **Vardenafil (Levitra®)**
- **Avanafil (Spedra®)**

Please note, once daily preparations, are non-formulary and not recommended locally for prescribing. Tadalafil (Cialis) once daily is also part of the NHS England national guidance on '*Items which should not routinely be prescribed in primary care*' (November 2017, updated June 2019), which supports prescribers in deprescribing once daily tadalafil in all patients.

Please note that PDE5 inhibitors are available for patients to self-purchase over the counter and can be supplied via the community pharmacy PGD route. Generic sildenafil is the formulary choice PDE5 inhibitor, therefore, if patients are initiated on any other non-formulary PDE5 inhibitor via these routes, the GP is under no obligation to continue. However, the GP can offer generic sildenafil, if they are in agreement with the diagnosis of ED, alternatively the patient can continue to self-purchase.

Providers commissioned to provide services on behalf of Thurrock CCG and Basildon and Brentwood CCG are reminded that they are required to follow the local joint formulary and prescribing guidance, or relevant Medicines Management agreement.

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Title	Prescribing of PDE5 inhibitors for the treatment of erectile dysfunction
References	NHS England guidance on 'Items which should not routinely be prescribed in primary care' (June 2019): https://www.england.nhs.uk/wp-content/uploads/2019/08/items-which-should-not-routinely-be-prescribed-in-primary-care-v2.1.pdf
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