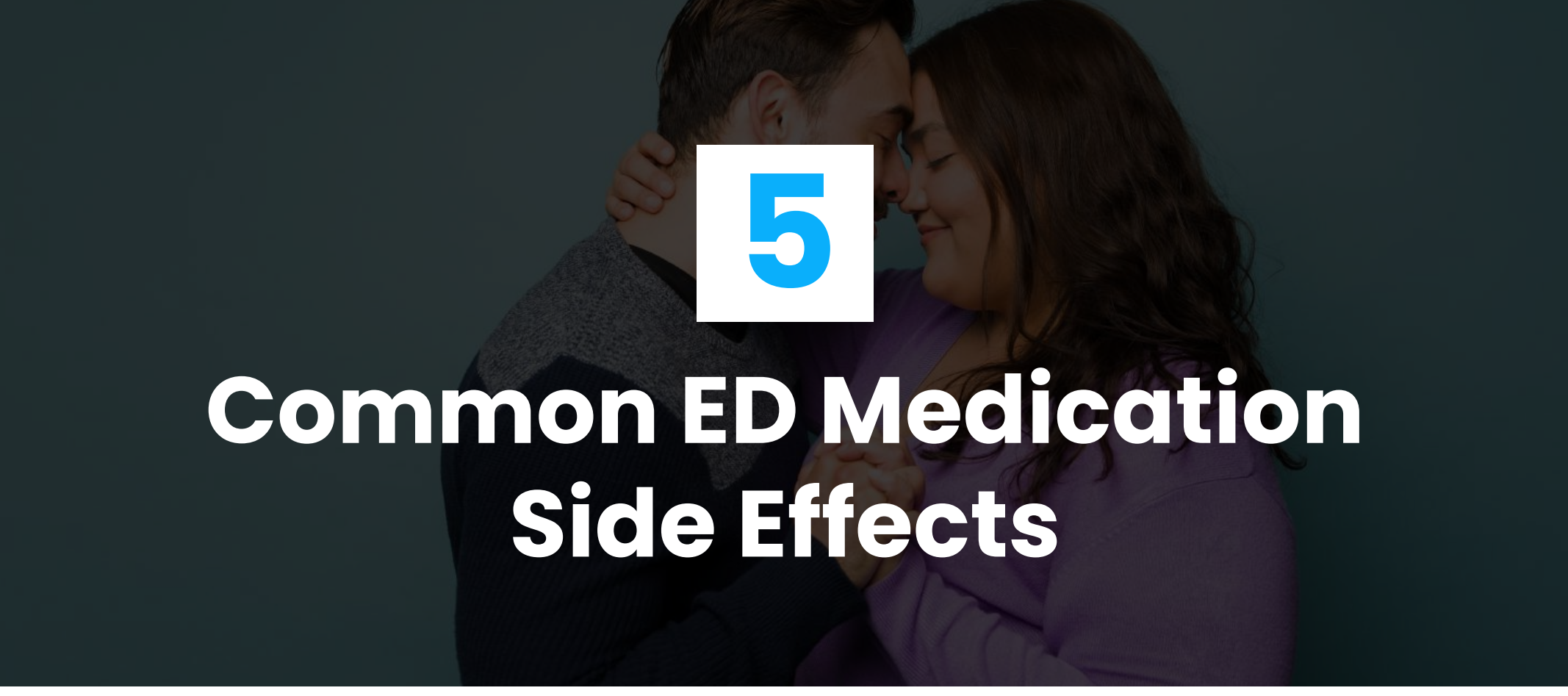


5 Common ED Medication Side Effects

1. Headaches

Headaches are one of the most common side effects of sildenafil and tadalafil, caused by increased blood flow to vessels in the brain. Staying hydrated and using over-the-counter pain relievers may help manage them.





2. Flushing

Flushing, warm redness across the face, neck, or chest, is a common vascular response that typically peaks within a couple of hours and then fades. Limiting alcohol around the time of taking the medication may help reduce its effects.

3. Nasal Congestion

Increased blood flow to nasal passages can cause stuffiness or a runny nose, similar to a mild head cold. The good news is that this side effect is generally mild and temporary. Some people choose to use saline nasal spray when congestion occurs.





4. Dizziness

A temporary drop in blood pressure can cause dizziness, especially when standing up quickly. Standing up slowly, particularly in the first few hours after taking the medication, is a simple precaution that may reduce dizziness.

5. Upset Stomach

Sildenafil and tadalafil can cause indigestion, nausea, or stomach discomfort, and high-fat meals may delay how sildenafil is absorbed. Tadalafil is generally less affected by food, but you can still take it with food if you've experienced stomach discomfort.



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