Erectile Dysfunction

Erectile Dysfunction (ED) is when a man has trouble getting or keeping an erection. ED is common and can happen on occasion to many men. If it lasts for more than 3 months it is considered ED. Here is what you can do:

■ Try to exercise regularly.
■ Maintain a healthy weight.
■ Do not smoke.
■ Drink less alcohol.
■ Do not use illegal drugs.

During your visit to the doctor’s office or clinic:
■ Ask about treatment options for ED.
■ Ask about:
  • Diet.
  • Exercise.
  • How to reduce stress.
  • How to stop smoking.
■ Ask about counseling.
■ Talk about medicines you are taking as some could make your symptoms worse.

Questions to ask your doctor’s office or pharmacist:
■ Can I take my ED medicine with other medicines? _________________________
■ How often should I take my ED medicine? ___________________________
■ Is there a limit to the amount of ED medicine I can take in one day? __________
■ Should I take my ED medicine with or without food? _________________
■ Are there foods or drinks I should not have while taking my ED medicine? ______
■ If there are warning labels on the medicine bottle, what do they mean? __________
■ What are the side effects of my ED medicine? ___________________________
■ What should I do if I suffer a serious side effect? ________________________

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For more information, go to www.MedlinePlus.gov and search for “Erectile Dysfunction.”
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