Drugs Linked to Erectile Dysfunction
Are Your Medicines Responsible for Your Impotence?

Sexual dysfunction, which includes problems getting and maintaining an erection, decreased libido, delayed ejaculation, and lack of orgasm, is a common side effect of many prescription and over-the-counter medications. Certain medications can increase your risk of erectile dysfunction by interfering with your nerve impulses or the flow of blood to your penis.

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If you are having problems achieving or maintaining an erection you may want to take a look at your medicine cabinet. There are a number of prescription and over-the-counter drugs that may cause erectile dysfunction. While these medications may treat a disease or condition, in doing so they can affect a man's hormones, nerves, or blood circulation, resulting in ED or increase the risk of ED.

If you think that a medication you are taking is having a negative effect on sexual performance, discuss the matter with your health care provider. **NEVER** stop taking any medication without first consulting your health care provider, because some medications can produce life-threatening reactions if they are not carefully and slowly stopped or switched appropriately.

Examples of medicines that may cause ED are listed below. The list of possible offenders is long, however, so check with your doctor about all medications you are taking to rule out any as a cause of, or contributor to, your ED.

<table>
<thead>
<tr>
<th>TYPE OF DRUG</th>
<th>GENERIC AND BRAND NAMES</th>
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<tbody>
<tr>
<td><strong>Diuretics and Antihypertensives</strong></td>
<td>Hydrochlorothiazide (Esidrix, HydroDIURIL, Hydropres, Inderide, Moduretic, Oretic, Lotensin)</td>
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<td></td>
<td>Chlorthalidone (Hygroton)</td>
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<td></td>
<td>Triamterene (Maxide, Dyazide)</td>
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<td></td>
<td>Furosemide (Lasix)</td>
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<td>Bumetanide (Bumex)</td>
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<td></td>
<td>Guanfacine (Tenex)</td>
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<td></td>
<td>Methyldopa (Aldomet)</td>
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<td>Clonidine (Catapres)</td>
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<td></td>
<td>Verapamil (Calan, Isoptin, Verelan)</td>
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<td></td>
<td>Nifedipine (Adalat, Procardia)</td>
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<td>Hydralazine (Apresoline)</td>
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<td></td>
<td>Captopril (Capoten)</td>
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<td></td>
<td>Enalapril (Vasotec)</td>
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<td></td>
<td>Metoprolol (Lopressor)</td>
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<td></td>
<td>Propranolol (Inderal)</td>
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<td>Labetalol (Normodyne)</td>
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<td>Atenolol (Tenormin)</td>
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<td></td>
<td>Phenoxybenzamine (Dibenzyline)</td>
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<td>Spirolactone (Aldactone)</td>
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<td>Bethanidine</td>
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<td>Guanabenz (Wytensin)</td>
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<td></td>
<td>Guanethidine (Ismelin)</td>
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<td>Haloperidol (Haldol)</td>
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<td>Minoxidil (Loniten)</td>
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<td></td>
<td>Phentolamine (Regitine)</td>
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<td>Prazosin (Minipress)</td>
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<td></td>
<td>Reserpine (Serpasil)</td>
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<td><strong>Antidepressants, anti-anxiety drugs and antiepileptic drugs</strong></td>
<td>Fluoxetine (Prozac)</td>
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<td>Tranylcypromine (Parnate)</td>
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<td>Sertraline (Zoloft)</td>
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<td>Isocarboxazid (Marplan)</td>
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<td>Amitriptyline (Elavil)</td>
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<td>Amoxipine (Asendin)</td>
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<td>Category</td>
<td>Examples</td>
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<tr>
<td>Antihistamines</td>
<td><strong>Dimethydrinate</strong> (Dramamine)</td>
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<td><strong>Diphenhydramine</strong> (Benadryl)</td>
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<td><strong>Hydroxyzine</strong> (Vistaril)</td>
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<td><strong>Meclizine</strong> (Antivert)</td>
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<td><strong>Promethazine</strong> (Phenergan)</td>
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<td></td>
<td><strong>Dimenhydrinate</strong> (Dramamine)</td>
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<tr>
<td>Non-steroidal anti-inflammatory drugs</td>
<td><strong>Naproxen</strong> (Anaprox, Naprelan, Naprosyn)</td>
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<td><strong>Indomethacin</strong> (Indocin)</td>
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<td>Opiate analgesics (painkillers)</td>
<td><strong>Codeine</strong></td>
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<td><strong>Fentanyl</strong> (Innovar)</td>
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<td><strong>Hydromorphone</strong> (Dilaudid)</td>
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<td><strong>Meperidine</strong> (Demerol)</td>
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<td><strong>Methadone</strong></td>
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<td><strong>Morphine</strong></td>
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<td><strong>Oxycodone</strong> (Oxycontin, Percodan)</td>
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<td>Parkinson's disease medications</td>
<td><strong>Biperiden</strong> (Akineton)</td>
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<td><strong>Benztropine</strong> (Cogentin)</td>
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<td><strong>Trihexyphenidyl</strong> (Artane)</td>
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<td><strong>Procyclidine</strong> (Kemadrin)</td>
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<td></td>
<td><strong>Bromocriptine</strong> (Parlodel)</td>
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<td></td>
<td><strong>Levodopa</strong> (Sinemet)</td>
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<td></td>
<td><strong>Procyclidine</strong> (Kemadrin)</td>
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<tr>
<td>Antiarrythmics</td>
<td><strong>Disopyramide</strong> (Norpace)</td>
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<td>Histamine H₂-receptor antagonists</td>
<td><strong>Cimetidine</strong> (Tagamet)</td>
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<td><strong>Nizatidine</strong> (Axid)</td>
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<td><strong>Ranitidine</strong> (Zantac)</td>
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<td>Muscle relaxants</td>
<td><strong>Cyclobenzaprine</strong> (Flexeril)</td>
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<td></td>
<td><strong>Orphenadrine</strong> (Norflex)</td>
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</tbody>
</table>
| Prostate cancer medications | **Flutamide** (Eulexin)  
**Leuprolide** (Lupron) |
|----------------------------|-------------------------|
| Chemotherapy and hormonal medications | **Busulfan** (Myleran)  
**Cyclophosphamide** (Cytoxan)  
Antiandrogens (Casodex, Flutamide, Nilutamide)  
Ketoconazole  
LHRH agonists (Lupron, Zoladex) |
| Other medications | Aminocaproic acid (Amicar)  
Atropine  
Clofibrate (Atromid-S)  
Cyclobenzaprine (Flexeril)  
Cyproterone  
Digoxin (Lanoxin)  
Disopyramide (Norpace)  
Estrogen  
Finasteride (Propecia, Proscar, Avodart)  
Furazolidone (Furoxone)  
H₂ Blockers (Tagamet, Zantac, Pepcid)  
Indomethacin (Indocin)  
Lipid lowering-agents  
Licorice  
Metoclopramide (Reglan)  
NSAIDs (Ibuprofen, etc.)  
Orphenadrine (Norflex)  
Prochlorperazine (Compazine)  
Pseudoephedrine (Sudafed) |
| Recreational Drugs | Alcohol  
Amphetamines  
Barbiturates  
Cocaine  
Marijuana  
Methadone  
Heroin  
Nicotine  
Other opiates |

If you experience ED and think that it may be a result of medication you are taking, do not stop taking the medication without first consulting your doctor. If the problem persists, your doctor may be able to prescribe a different medication.

Aside from the well-known complications that the use and abuse of these drugs can cause, ED is not often mentioned. However, use of these drugs can cause ED. These drugs not only affect and often times suppress the central nervous system, but can also cause serious damage to the blood vessels, resulting in permanent ED.
Take a look at your medicine cabinet

bibliography
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15. Exercise can spice up your sex life, the American Council on Exercise says. 2005, Medical News Today.


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