Table 3

Pharmacokinetics of PDE-5 inhibitors - adapted from NICE guidance[9]

	Sildenafil	Tadalafil	Vardenafil	Avanafil
Time taken before sexual activity	1 hour	At least 30 minutes	25–60 minutes	15–30 minutes
Duration of action	4–5 hours	Up to 36 hours	4–5 hours	Up to 6 hours
Effect of food intake	Rate of absorption reduced by 60 minutes when taken with food	None	Rate of absorption reduced by 60 minutes when taken with high-fat meals	Rate of absorption reduced by 75 minutes when taken with high-fat meals