

Your online source for Fildena at the lowest UK price

Eleven doctor approved Fildena over the counter Alternatives for 2026

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Brief a quick recap of the section and purpose

Fildena is a trade name for tablets that contain sildenafil citrate, a phosphodiesterase type 5 (PDE-5) inhibitor. It is used to treat erectile dysfunction in adult men by enhancing the natural erectile response to sexual stimulation. Fildena does not prevent pregnancy or protect against sexually transmitted infections.

This guide focuses on practical information for UK residents: what sildenafil is, how it is typically used, safety aspects to consider, and how prices compare in the UK for the market. For a technical explanation of how the drug acts, see [What happens plus the principle behind how it works](#). For purchasing and legal details, see [State of UK law and safe purchase](#).

Action the operative mechanism

Sildenafil works by blocking the PDE-5 enzyme in penile smooth muscle. When a man is sexually stimulated, nitric oxide triggers an increase in cyclic guanosine monophosphate (cGMP), which relaxes smooth muscle and allows blood to flow into the erectile tissues. By reducing cGMP breakdown, sildenafil helps maintain the erection that begins with sexual stimulation.

Advantages and dosing parameters and guidance

Tablet strengths labelled as Fildena vary by manufacturer and supplier; common sizes seen internationally include 25 mg, 50 mg and 100 mg. UK-licensed sildenafil is normally available in 25 mg, 50 mg and 100 mg tablets. Only a clinician should advise changes beyond these doses.

Normal dosing schedule pattern for adults (informational only):

- Common starting dose: 50 mg taken about one hour before sexual activity.
- If tolerated but response is inadequate, a prescriber may increase the single dose to 100 mg.
- If follow-on effects are troublesome or if you are elderly or have interacting conditions, a lower dose such as 25 mg may be recommended.
- Do not take more than one dose within a 24 hour period unless specifically directed by a clinician.

Note: some international products advertise higher single-tablet strengths; these are not commonly used in UK practice and should not be taken without specialist supervision.

How to use properly the medicine

Practical steps for taking sildenafil safely:

- Take the tablet with water. A light or low-fat meal may be acceptable, but a large or fatty meal can delay the onset of action.
- Most people take sildenafil 30 to 60 minutes before sexual activity. Some report effects earlier, while individual responses vary.
- Avoid heavy drinking when using sildenafil as alcohol can reduce effectiveness and increase unwanted reactions such as dizziness.
- Sildenafil requires sexual stimulation to produce an erection; it is not an aphrodisiac.

For more on safety checks please check before use.in review the [Cautions and hazard control steps](#) a part of the document.

Storage solution tips

- Keep the product in its original packaging to protect from moisture and light.
- Store at normal room temperature away from direct heat and out of reach of children and animals.
- Do not use once the expiry date printed on the packaging has passed.

Notices of warning, cautions, and safety tips

Do not take sildenafil if any of the following apply to you:

- You are allergic to sildenafil or any tablet ingredient.
- You use nitrates or nitric oxide donors (for example nitroglycerin or amyl nitrite). Combining these can cause a dangerous drop in blood pressure.
- You are taking riociguat for pulmonary hypertension.
- You have unstable heart disease, recent myocardial infarction or stroke, severe low blood pressure, or unstable angina.
- You have severe liver disease or severe kidney impairment unless monitored by a prescriber.
- You have an eye condition such as a history of non-arteritic anterior ischemic optic neuropathy or certain inherited retinal disorders.

Tell your prescriber if you are at increased risk of priapism (for example due to sickle cell disease, multiple myeloma or leukemia) or if you have bleeding disorders, active peptic ulcer disease, or penile deformities.

Diet and medicines communication in action concerns

Core the exchange that happens when people meets between people can shape outcomes. you should watch for:

- Nitrates: absolute contraindication. See [Cautions and hazard prevention guidance](#) more specifics are available.
- Alpha blockers: combined use can cause symptomatic low blood pressure; timing and medical review are needed.
- Strong CYP3A4 inhibitors such as ritonavir, cobicistat, ketoconazole and itraconazole increase sildenafil exposure and may require dose adjustment.
- CYP3A4 inducers like rifampicin, carbamazepine, phenytoin and Hypericum perforatum, the St Johns wort herb can reduce effectiveness.
- Large quantities of grapefruit juice can increase blood levels of sildenafil.

- Recreational drugs, including amyl nitrite (poppers) and certain stimulants, can be dangerous when used with sildenafil.

If you take multiple medicines, ask a pharmacist or prescriber to review potential engagement and communications with others are the core of collaboration. before you use sildenafil.

Possible long term deleterious health effects

Many users experience no or mild harmful effects. Reactions that are common are usually transient:

- Pulsating head pain, flushing and nasal congestion.
- Epigastric discomfort, dizziness, altered vision such as blurring or a blue tinge, and muscle or back pain.

Less frequent effects include nausea, palpitations, abdominal discomfort or skin rash.

Seek immediate medical attention if you experience:

- An erection lasting longer than four hours (priapism).
- Sudden vision loss or sudden hearing loss.
- Severe chest pain, fainting, or signs of a severe allergic reaction such as breathing difficulty or facial swelling.

Market options and price comparison across products in the UK

Several medicines treat erectile dysfunction. The approximate UK private retail price bands below are for general comparison and can vary with retailer, pack size and strength. Prices are in GBP per tablet where indicated.

- Generic sildenafil (25 to 100 mg): approximately 0.50 to 2.50 GBP per tablet depending on dose and source.
- Viagra (sildenafil brand, 25 to 100 mg): around 5.00 to 10.00 GBP per tablet at retail pharmacies.
- Generic tadalafil (5 to 20 mg): roughly 0.70 to 2.50 GBP per tablet; Cialis brand commonly about 4.00 to 8.00 GBP.
- Generic vardenafil (5 to 20 mg): roughly 1.50 to 4.50 GBP per tablet; Levitra brand approximately 4.00 to 8.00 GBP.
- Avanafil (Spedra, 50 to 200 mg): typically 5.00 to 9.00 GBP per tablet.

How these agents compare clinically:

- Sildenafil and vardenafil: similar onset of around 30 to 60 minutes; effects often last up to about four hours.
- Tadalafil: onset similar in some users but notable for a much longer duration, up to 36 hours; available as daily low-dose regimens for continuous effect.
- Avanafil: may act faster for some men (potentially 15 to 30 minutes) with a shorter duration than tadalafil.

Note: Fildena is frequently not UK licensed. For assured quality and regulatory compliance, prefer products that are UK licensed or supplied via UK-regulated apothecaries. See [The UK legal framework and safe purchase](#) for guidance on buying.

The legal framework in the UK and safe purchase

Regulatory and purchasing notes for UK residents:

- In the UK, most sildenafil formulations are prescription-only medicines. One exception is Viagra Connect 50 mg, a pharmacy medicine that can be supplied without a prescription after a pharmacist assessment for men aged 18 and over.
- Fildena is commonly supplied from manufacturers outside the UK and is often not MHRA-licensed. Importing unlicensed tablets from overseas online sellers carries risks including counterfeit, substandard or unsafe products.
- Personal importation of prescription-only medicines without a valid UK prescription can lead to interception by Border Force and may be unlawful.
- To buy safely: use a UK-registered pharmacy or an online provider regulated in the UK. Examine the status General Pharmaceutical Council (GPhC) register and ensure the service performs an appropriate medical assessment.
- Suppliers will typically screen for red flags such as nitrate use, unstable heart disease or severe low blood pressure before supplying sildenafil.

If you think you have had an adverse reaction, report it to the MHRA using the Yellow Card scheme. Practical advice on administration and risk mitigation measures is available in [A guide to using the medicine](#) and [Cautions and hazard control steps](#).

Advice for athletes

Sildenafil is not intended as a performance enhancing substance. It is not commonly listed as prohibited by many anti-doping authorities, but athletes should confirm the current rules with UK Anti-Doping (UKAD) with the addition of the World Anti-Doping Agency (WADA). If you are an athlete, discuss any medication with your team medic or event medical officers pre-use.

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