

PRESCRIPTION MONOGRAPH

Compounded Active Ingredients: Oxytocin Acetate/Sildenafil Citrate

Form: Sublingual Rapid Dissolve Tablet

Drug Class:

- Sildenafil Citrate: Phosphodiesterase-5 (PDE5) inhibitor
 - Oxytocin Acetate: Neuropeptide hormone; Hypothalamic hormone analog
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Mechanism of Action^{1,2}:

This compounded combination is intended to address multiple dimensions of sexual function (desire, arousal, and physiological response), by working synergistically between the central and peripheral mechanisms. It is intended to

- Act centrally, via limbic and hypothalamic circuits, to enhance trust, desire, and orgasmic intensity; peripherally supports smooth-muscle contractility.
 - Inhibit phosphodiesterase-5, slowing cGMP breakdown.
 - Maintain cavernosal smooth-muscle relaxation, increase penile blood flow, and improve erectile rigidity.
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Indications Commonly Prescribed For:

- Sexual dysfunction and bonding
 - Erectile dysfunction (ED)
 - Sexual performance anxiety
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Before Use: Let your health care provider know if you are pregnant or breast feeding. Let your healthcare provider know of all supplements you are currently taking. Let them know of any thyroid or corticosteroid medications you are prescribed.

Contraindications:

- Hypersensitivity to components
 - Cardiovascular disease, uncontrolled hypertension, recent MI or stroke, unstable angina, or severe valvular disease
 - Hyponatremia risk (high doses)
 - Nitrates or soluble guanylate cyclase stimulators
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Cautions: Let your Healthcare provider know of any changes of vision while on this compounded preparation

Warnings and Precautions:

- Hyponatremia due to antidiuretic effects in high doses
 - Use with caution in patients with seizure disorders
 - Psychiatric effects may be context-dependent (prosocial or defensive)
 - Sildenafil lowers BP; use caution with antihypertensives or alpha-blockers.
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Adverse Reactions:

Common:

- Headache
- Emotional lability
- Drowsiness
- Flushing

Serious:

- Water Intoxication/hyponatremia
 - Hypotension, tachycardia
 - Hearing/vision loss
 - Seizures
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Interactions:

- May potentiate vasopressin or diuretics
 - Caution with SSRIs (risk of hyponatremia)
 - Nitrates or riociguat
 - Alpha-blockers, antihypertensives
 - Strong inhibitors (ketoconazole, ritonavir, clarithromycin) can increase sildenafil exposure
 - Alcohol: Worsens hypotension and dizziness.
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Use in Specific Populations:

- Pregnancy: Contraindicated
 - Geriatrics: Start with lowest sildenafil dose; monitor BP
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Storage:

- Store in original container at room temperature (up to 30°C or 86°F)
 - Store in a cool dry place away from heat, sunlight, and moisture
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How to Use: This compounded preparation is in the form of a sublingual rapid dissolve tablet. Place tablet under tongue to dissolve completely. Do not chew or crush the tablet. Once the tablet has fully dissolved, do not rinse their mouth, brush their teeth, or consume food or beverages for at least five minutes to allow absorption. If you miss a dose, take as soon as you remember, but not at the time for the next dose. The desired results may take up to several weeks.

Monitoring Parameters:

- Efficacy: Patient-reported desire/arousal, erection quality or genital engorgement, satisfaction scores
 - Safety: Blood pressure and heart rate around first several doses
 - Serum sodium in patients at risk of SIADH/hyponatremia
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Citations:

1. Sairam K, Kulinskaya E, Hanbury D, Boustead G, McNicholas T. Oral sildenafil (Viagra) in male erectile dysfunction: use, efficacy and safety profile in an unselected cohort presenting to a British district general hospital. *BMC Urol.* 2002;2:4. Published 2002 Apr 18. doi:10.1186/1471-2490-2-4
 2. Olf M, Frijling JL, Kubzansky LD, et al. The role of oxytocin in social bonding, stress regulation, and mental health: an update on the moderating effects of context and interindividual differences. *Psychoneuroendocrinology.* 2013;38(9):1388-1398. doi:10.1016/j.psyneuen.2013.03.011
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