



American Association of Psychiatric Pharmacists (aapp.org)

Medication-Induced Sexual Dysfunction



Do not start or stop any medication until speaking to your provider or pharmacist!

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Medication-induced sexual dysfunction occurs when there is a problem related to sexual activity or performance.

Symptoms of sexual dysfunction for **males** may include:

- Loss of sexual interest or desire
- Not being able to obtain or maintain an erection
- Painful, long-lasting erection (rare)
- Trouble having an orgasm

Symptoms of sexual dysfunction for **females** may include:

- Loss of sexual interest or desire
- Painful sex
- Trouble having an orgasm

Common Causes

Medication¹⁻³

- Urology medications (e.g., finasteride, dutasteride)
- Antidepressants (e.g., citalopram, escitalopram, sertraline, fluoxetine, venlafaxine)
- Antipsychotics (e.g., quetiapine, olanzapine, aripiprazole, risperidone, paliperidone, haloperidol)
- Benzodiazepines (e.g., lorazepam, clonazepam, diazepam)
- Cholesterol medications (e.g., fenofibrate, atorvastatin, simvastatin)
- Blood pressure medications (e.g., amlodipine, metoprolol, propranolol, chlorthalidone, clonidine)
- Other medications (e.g., isotretinoin, gabapentin, pregabalin, oxycodone, adalimumab)
- Other substances (e.g., marijuana, alcohol, nicotine)

What Can Be Done?

Prevention^{4,5}

To prevent sexual dysfunction from occurring, you can:

- Lose weight if you are overweight
- Cut back on drinking alcohol
- Stop using tobacco, marijuana, and/or other illicit substances
- Increase exercise
- Reduce stress or anxiety (e.g., deep breathing, meditating, yoga)

Possible Medication-Related Options^{4,5}

Medication-induced sexual dysfunction side effects are not permanent. There are many different options for treating this, however, **DO NOT STOP** your medication without talking to your provider or pharmacist. Some possible treatment options that your provider may consider are:

- Giving your body time to adjust to the new medication or dose
- Lowering the medication dose
- Switching medications to one that has less risks of causing sexual side effects
- Starting a new medication to help fix the sexual side effects



Go online to find information on medication-induced sexual dysfunction, and to view the references for this toolkit.

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