

The guide to your Arousal Cream

Patient Safety Information and instructions for use. Please review before starting your medication. This product has not undergone FDA review for safety or effectiveness.

Sildenafil 3.5% · L-Arginine 6% · Pentoxifylline 5% · Topical Cream

Keep Out Of Reach Of Children

Important Safety Information

① **DON'T USE IF YOU'RE PREGNANT OR PLANNING A PREGNANCY**

There is limited data available for both sildenafil and pentoxifylline in pregnancy, therefore this medication is not recommended.

① **Do not take if you're:**

- Taking other nitrate medications: nitroglycerin, nitroglycerin patches, or recreational "poppers"). Combined with sildenafil, these can cause a dangerous, life-threatening drop in blood pressure.
- Take other PDE5 inhibitors (tadalafil/Cialis, vardenafil/Levitra, avanafil/Stendra)
- Are allergic to sildenafil, pentoxifylline, or any xanthine derivative
- Have a serious heart condition, including a heart attack or stroke in the past 6 months, severe or unstable angina, severe heart failure, severe aortic stenosis, or low resting blood pressure (below 90/50)
- Have an active vulvar or vaginal cancer, infection, or sore

① **Talk to your Allara provider if you:**

- Have a bleeding disorder
- Have a recent hemorrhage
- Take a blood thinner. Pentoxifylline can affect how your blood flows.
- Have liver problems
- Take a strong CYP3A4 inhibitor, which can raise how much sildenafil your body takes in

① **Contact Allara if you notice:**

- Intense burning
- blistering, crusting
- a rash where you applied it

① **Go to the ER or call 911 if you have:**

- Severe dizziness or lightheadedness
- A severe headache or changes in your vision
- Chest pain or trouble breathing

① **Use with Caution — Relative Contraindications:**

- **Coagulopathy impairment:** Due to the possible changes in blood viscosity from pentoxifylline this medication is not recommended in anyone who has had a recent hemorrhage, severe bleeding disorder, or is on current anticoagulation therapy without consultation with their hematology team.
 - Warfarin
 - NSAIDs
 - apixaban, rivarelbaan, edoxaban, dabigatran
- **Hepatic Impairment, CYP1A2 inhibitors, or CYP3A4 Inhibitor use:** Sildenafil is heavily metabolized by CYP3A4 whereas CYP1A2 inhibitors can increase Pentoxifylline. There is likely limited systemic absorption associated with topical application however clinical data is limited, thus, in the presence of hepatic impairment or concurrent strong CYP1A2/CYP3A4 inhibitors this could result in drug accumulation.
 - HIV protease inhibitors (ritonavir, saquinavir, atazanavir, darunavir)
 - Azole antifungals (ketoconazole, itraconazole, voriconazole)
 - Macrolide antibiotics (clarithromycin, erythromycin)
 - Ciprofloxacin
 - Fluvoxamine

① **Monitor for effects (not contraindicated):**

- **Anti-Hypertensive medications:** ACE inhibitors, ARBs, calcium channel blockers, beta-blockers, diuretics. All three compounds have vasodilatory properties, while systemic absorption is likely limited, counsel patients on potential effects on blood pressure when used in this patient population

Compound Medication Disclosure

- This is a compounded drug prepared by a compounding pharmacy prepared specifically for you.
- This compounded drug is intended for blood flow and address changes in sensation based on the prescription of your Allara provider.
- Only apply in the quantity and frequency prescribed by your prescriber.

Possible Side Effects

Common side effects:

- Mild irritation where you apply it
- Flushing or a headache (a known sildenafil effect)
- Better arousal and sensation

Less common side effects:

- Contact dermatitis (an allergic or irritant skin reaction)
- Dizziness or lightheadedness
- Strong local reactions, like burning, blistering, or a rash (rare)

What To Expect

- A warm or tingling feeling in the area shortly after applying the cream — this is a sign that blood flow is increasing and is normal
- Increased sensitivity to touch in the genital area, which may make arousal feel easier or more noticeable
- increased arousal can improve natural moisture or lubrication during intimacy, which can make sex more comfortable

How To Use

Keep it from transferring to your partner

Give it at least 30 minutes to absorb before any sexual contact so it doesn't transfer to your partner, or use a condom. This matters most if your partner takes nitrate medications.

- STEP 1 **Wash up and prepare:** Wash your hands well, and apply to clean, dry skin. Steer clear of mucous membranes, open cuts, active infections, or skin that's inflamed.
- STEP 2 **Apply 30 to 60 minutes before sex:** Start with one pump (about a pea-sized amount, 0.25 mL) on the clitoral hood and the vulvar tissue around it. If a single pump does not produce the desired effects, you can increase your dosage two pumps (total of .5mL). Use the medication no more than once a day.
- STEP 3 **Let it absorb, then wash your hands:** It should soak in after a minute or two of gentle massage. Wash your hands again once you're done.

Effects last 2 to 4 hours, and 2 pumps a day is the limit: You can expect the effects to last about 2 to 4 hours. Don't use more than two pumps (0.5 mL) in any 24-hour period.

Only apply in the quantity and frequency prescribed by your Allara prescriber.

For external use only

Avoid excessive alcohol

Avoid recreational nitrates

What Each Ingredient Does

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|----------------------------|---|
| ◆ Sildenafil 3.5% | Relaxes the smooth muscle and opens up blood flow in clitoral and vaginal tissue when you're aroused, so the area feels more engorged and more sensitive. |
| ◆ L-arginine 6% | An amino acid your body turns into nitric oxide, which widens blood vessels. It works a step ahead of sildenafil to bring more blood flow to the tissue. |
| ◆ Pentoxifylline 5% | Improves circulation in the smallest blood vessels and helps the tissue take in more oxygen, rounding out what the other two ingredients do. |

How this compound works

Three ingredients, working together to increase blood flow for sexual activity.

This cream brings together three ingredients that boost blood flow to genital tissue, which supports arousal and sensation. It's made for women whose lower arousal is tied to reduced blood flow.

This can occur during the transition into menopause or perimenopause, in conjunction with vaginal dryness, or as a consequence of using certain medications, such as hormonal birth control or SSRIs.

Support

Messaging

Secure via the Allara app

Email

patientsuccess@allarahealth.com

Urgent / After Hours

Call 911 or go to the ER

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