

Welcome to

Fellos

PREMATURE EJACULATION



A good sex life

- Everyone deserves a good sex life, and that is what we strive for at Fellos. That is why we offer reliable and accessible help, without any barriers.
- Read this brochure carefully so that you know what to expect and how you can optimise the results.
- If you have any questions about your treatment, do not hesitate to ask. We are here to help!

Premature ejaculation

What is premature ejaculation?

Premature ejaculation means that:

- You reach climax within one minute of penetration or the start of masturbation.
- Or you feel that you have no control over the moment of ejaculation.

Can it be treated?

In young men, premature ejaculation often resolves itself after gaining more experience. In other cases, medication in the form of tablets and anaesthetic creams is available. Talking to a sexologist can also help.



75%

75% of men are helped
by medication.

Enjoy with *confidence*

- 1 Before use**
Make sure you read the package leaflet, understand what to expect and how to take the medication.
- 2 Talk to your partner**
Open communication is often the first step towards a better sex life. Talk about what you both enjoy or if you encounter any problems.
- 3 Be in touch with your body**
Try to recognise the “point of no return” and then temporarily interrupt the friction on the penis.
- 4 Pay attention to your lifestyle**
Diet, smoking, exercise and alcohol consumption can affect your erection.
- 5 Be patient**
The effectiveness is sometimes only optimal after 4-6 uses. Side effects mainly occur at the beginning, but usually decrease or disappear after using a few tablets.
- 6 Not working optimally?**
See if a higher dose or different medication is effective. We are happy to help you find the right treatment.



Side effects

In addition to the desired effect, this medication may also cause side effects in some cases.

The most important side effects are listed below. Most of these side effects decrease in intensity or disappear completely after taking a few tablets. For all possible side effects, please refer to the package leaflet.

10 to 30% of users of sildenafil, tadalafil and priligy experience:

- Headache and flushing
- Temporary back pain and muscle pain
- Cold and stuffy nose
- Nausea and abdominal pain

Important points to consider

- It is not permitted to use sildenafil or tadalafil if you use daily vasodilator medication (nitrates).
- Do you only use nitrates occasionally? Then use is possible, but NEVER simultaneously. This can cause dangerously low blood pressure.
- Consider consulting a sexologist, possibly in combination with medication.



Your treatment



Priligy

Priligy is a medication specifically developed for the treatment of premature ejaculation. Priligy helps to delay ejaculation and gain control over ejaculation.

The active ingredient in Priligy, Dapoxetine, belongs to the serotonin reuptake inhibitors, or SSRIs. Serotonin is involved in regulating emotions and delaying ejaculation.

Take 1–3 hours before sexual activity



Sildenafil / Tadalafil

Sildenafil and Tadalafil provide a harder erection by improving blood flow to the penis. Research shows that it also works well against premature ejaculation. Given its low side effect profile and ease of administration, this is a popular treatment for premature ejaculation.

Take 1 hour before sexual activity

Off-label



EMLA cream

EMLA cream is a local anaesthetic cream that makes it easier to delay ejaculation.

Apply the cream to your penis. Leave the cream on for 5 to 10 minutes and then remove it before having sex. Experiment with applying different amounts to find out what works best for you.

Your personal *environment*

In your personal environment, you can track your results and we are always there for you. You can do the following there.

Request an
extra delivery

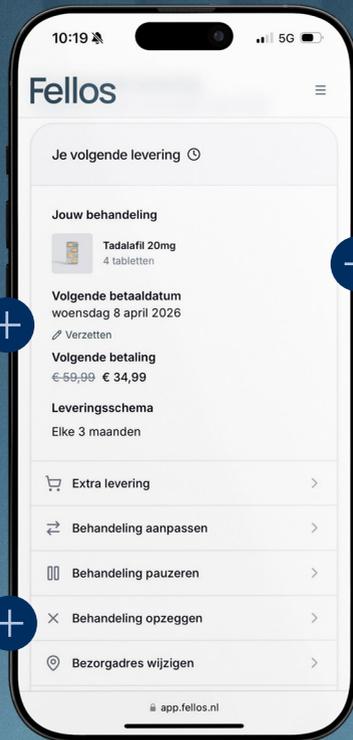


Adjust your
treatment

Chat with
the Fellos
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Go to your
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