

Long Last Tablet (Super Long Tablets – Dapoxetine 30 mg)

Uses of Long Last Tablet

Premature ejaculation

Medicinal Benefits

Long Last Tablet belongs to the group of medicines called selective serotonin reuptake inhibitors. Long Last Tablet is used to treat premature ejaculation in adult men aged 18-64 years. Long Last Tablet works by increasing the serotonin level in the nervous system; this increases the time it takes to ejaculate and could improve control over ejaculation. Thereby, it helps in decreasing the worry or frustration about fast or premature ejaculation.

Directions for Use

Swallow Long Last Tablet as a whole with a glass of water; to avoid a bitter taste, do not crush, break or chew it.

Storage

Store in a cool and dry place away from sunlight

Side Effects of Long Last Tablet

- Dizziness
- Headache
- Nausea
- Diarrhoea
- Dry mouth
- Indigestion

In-Depth Precautions and Warning

Drug Warnings

Do not take Long Last Tablet if you are allergic to any of its contents; if you have heart problems such as heart failure or heart rhythm problems, mania or severe depression, moderate to severe liver problems, history of fainting, or if you are taking medicines such as monoamine oxidase inhibitors (MAOI), thioridazine, lithium, linezolid, tryptophan, tramadol, St. John's wort, anti-depressants, and anti-migraine drugs. Inform your doctor if you have erectile dysfunction, a history of dizziness due to low blood pressure, depression, mania, bipolar disorder, schizophrenia, epilepsy/fits, bleeding or blood clotting problems, glaucoma, or kidney problems. Long Last Tablet is not intended for use in women. Long Last Tablet may cause dizziness, sleepiness, fainting or blurred vision, so drive with caution. Avoid consuming alcohol as it might cause increased dizziness. Long Last Tablet is not recommended for children below 18 years as the safety and effectiveness have not been established. Rise slowly from sitting or lying position as Long Last Tablet may cause dizziness on standing up suddenly. Long Last Tablet should not be used by men below 18 years or above 65 years.

Drug Interactions

Drug-Drug Interactions: Long Last Tablet may interact with phenothiazine (thioridazine), anti-psychotic (lithium), antibiotic (linezolid, telithromycin, erythromycin, clarithromycin), an amino acid (tryptophan), pain killer (tramadol, ibuprofen, aspirin), anti-HIV (ritonavir, saquinavir, nelfinavir, atazanavir, amprenavir, fosamprenavir), anti-fungal (ketoconazole, itraconazole, fluconazole), anti-depressant (nefazodone), blood thinner (warfarin), impotent agents (sildenafil, tadalafil, vardenafil), calcium channel blocker (diltiazem, verapamil), anti-emetics (aprepitant), BPH agents and anti-migraine medicines.

Drug-Food Interactions: Do not take St. John's wort (herbal supplement used to treat depression) while taking Long Last Tablet. Avoid consuming grapefruit juice within 24 hours of taking Long Last Tablet as it could lead to an increase in the level of Long Last Tablet in the body.

Drug-Disease Interactions: Inform your doctor if you have cardiovascular/heart disease, a history of dizziness due to low blood pressure, depression, mania, bipolar disorder, schizophrenia, epilepsy/fits, bleeding or blood clotting problems, glaucoma, kidney problems, or moderate to severe liver problems.

Drug-Drug Interactions Checker List:

- THIORIDAZINE
- LITHIUM
- TRAMADOL
- ASPIRIN
- IBUPROFEN
- LINEZOLID
- CLARITHROMYCIN
- TELITHROMYCIN
- ERYTHROMYCIN
- TRYPTOPHAN
- RITONAVIR
- SAQUINAVIR
- NELFINAVIR
- ATAZANAVIR
- AMPRENAVIR
- FOSAMPRENAVIR
- KETOCONAZOLE
- ITRACONAZOLE
- FLUCONAZOLE
- NEFAZODONE
- WARFARIN
- SILDENAFIL

- TADALAFIL
- VARDENAFIL
- DILTIAZEM
- VERAMAPIL
- APREPITANT

Safety Advice

- ALCOHOL
UNSAFE
Avoid consuming alcohol while taking Long Last Tablet as it might cause increased dizziness and sleepiness.
- PREGNANCY
UNSAFE
Long Last Tablet is not intended for use in women.
- BREAST FEEDING
UNSAFE
Long Last Tablet is not intended for use in women.
- DRIVING
CAUTION
Long Last Tablet may cause dizziness, sleepiness, fainting or blurred vision. Therefore you are advised to drive and operate machinery only if you are alert.
- LIVER
CAUTION
Long Last Tablet should not be taken if you have moderate to severe liver problems. Please consult your doctor before taking Long Last Tablet if you have liver impairment/liver disease or any concerns regarding this.
- KIDNEY
CAUTION
Dose adjustment may be needed. Please consult your doctor before taking Long Last Tablet if you have kidney impairment/kidney disease or any concerns regarding this.



CHILDREN

UNSAFE

Long Last Tablet is not recommended for use in children below 18 years as safety and effectiveness have not been established.

Habit Forming

No

Diet & Lifestyle Advise

- Maintaining a healthy weight, eating a balanced diet, and regular exercising may help manage premature ejaculation.
- Pelvic floor exercises help in strengthening muscles.
- Decreasing the sensitivity of the penis by using condoms can be helpful.
- Share intimate time with your partner.
- Stay sexually active to prevent further problems.
- Eat foods that help improve blood flow, such as onions, garlic, bananas, chilli, eggs, omega-3 fatty acids, vitamin B1, and pepper.
- Exercise regularly as it helps in reducing stress.
- Avoid smoking and alcohol consumption.
- Get some sunlight; it helps increase melatonin, increasing sexual desire.
- Pay attention to your partner. Spend quality time.

Special Advise

- Long Last Tablet has a bitter taste, so take Long Last Tablet with at least one full glass of water. This also helps in lowering the chance of fainting.
- Take Long Last Tablet 1-3hours before sexual activity.
- Do not take more than 1tablet in a day (24hours).