

DTB CME/CPD Answers



Drug and Therapeutics Bulletin

Lidocaine/prilocaine spray for premature ejaculation

Question 1

Mr SN, a 42-year-old heterosexual marketing manager, has primary (lifelong) premature ejaculation. What is the estimated prevalence of primary premature ejaculation?

- a. 0.2-0.5%
- b. 0.5-1%
- c. 1-2%
- d. 2-5%
- e. 5-8%

Answer: d. Primary premature ejaculation has an estimated prevalence of 2-5%.

Question 2

Obtaining a thorough history is important and should include questions about intravaginal ejaculatory latency time (IELT). What is the median IELT reported from multinational population studies?

- a. 5 minutes
- b. 8 minutes
- c. 10 minutes
- d. 12 minutes
- e. 15 minutes

Answer: a. A median IELT of around 5 minutes has been reported in multinational population studies.

Question 3

Mr SN has tried a range of therapies over the years. Which one of the following drug treatments is licensed in the UK for primary premature ejaculation?

- a. Citalopram
- b. Dapoxetine
- c. Lidocaine/prilocaine cream
- d. Tadalafil
- e. Tramadol

Answer: b. In the UK dapoxetine is the only drug other than lidocaine/prilocaine spray licensed for premature ejaculation.

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Question 4

Mr SN has read about a new topical spray of lidocaine/prilocaine for treating primary premature ejaculation in adult men. Which one of the following statements about this product is correct?

- a. One dose involves two actuations of the spray, each covering half of the glans penis
- b. Each dose consists of a total of 50mg lidocaine and 15mg prilocaine
- c. The spray has no effect on male or female condoms
- d. Lidocaine/prilocaine spray is effective within 1 minute of application
- e. **A maximum of three doses can be used within 24 hours, with at least four hours between doses**

Answer: e. A maximum of three doses can be used within 24 hours, with at least four hours between doses.

Question 5

Mr SN asks about the evidence on the effectiveness of lidocaine/prilocaine spray. In three short-term randomised controlled trials among heterosexual men in stable relationships, what was the mean increase in IELT compared with placebo?

- a. 30–60 seconds
- b. 1.0–1.5 minutes
- c. **2–3 minutes**
- d. 5–6 minutes
- e. 8–10 minutes

Answer: c. Three short-term studies have shown greater improvement in IELT with lidocaine/prilocaine spray compared with placebo in heterosexual men (treatment difference 3.1 minutes, 2.7 minutes and 1.8 minutes).