

## Pentoxifylline

*Trental*

*This handout explains the medicine pentoxifylline, also known by the brand name Trental.*

### What is pentoxifylline?

Pentoxifylline is a medicine that improves blood flow. It improves *microcirculation* (blood flow in the tiny blood vessels). This allows more oxygen to reach body tissues.

### Pentoxifylline and Scarring

Pentoxifylline works by blocking these proteins created by the body:

- *Transforming growth factor (TGF) beta 1*
- *Tumor necrosis factor (TNF) alpha*
- *Interleukin 6 (IL-6) and interleukin 8 (IL-8)*

Pentoxifylline lowers the amount of *collagen* (a type of protein) created by the body. Collagen helps scars form. In animal experiments, pentoxifylline has prevented scarring in the liver and kidneys. In humans, the drug is used to prevent scarring after radiation therapy.

### Peyronie's Disease

Pentoxifylline may also be able to reduce the scar tissue that occurs in *Peyronie's disease*. This may ease symptoms of the disease.

### Dose and Cautions

- The usual dose of pentoxifylline is 1 pill (400 mg) 2 times a day. It is taken with or right after a meal.
- The only major side effect is an upset stomach (*acid reflux* or "heartburn").
- **Always take this medicine with food to avoid stomach upset.** Call the Men's Health Center if you continue to have problems.



*The Men's Health Center is at 4245 Roosevelt Way N.E., on the 3rd floor.*

- **If you are taking a blood-thinning medicine such as warfarin (Coumadin)**, tell your doctor who prescribed it that you are taking pentoxifylline. Your doctor will need to check your coagulation time in 2 to 3 weeks to see if your dose of blood thinner needs to be adjusted.

## **Other Instructions**

- To help more medicine reach your penis, it will help to have an erection for a few minutes about 2 to 3 hours after dinner every day.
- It usually takes 4 to 5 months to see the effects of taking pentoxifylline.

### **Questions?**

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

Men's Health Center:  
206-598-6358

Weekdays from 8 a.m. to  
5 p.m.

After hours and on weekends  
or holidays, call this same  
number or go to the  
Emergency Room.

Find more information at:  
<http://depts.washington.edu/uroweb>