

Intracavernosal Injections for the Treatment of Erectile Dysfunction

A PATIENT'S GUIDE



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INJECTIONS FOR ERECTILE DYSFUNCTION

Intracavernosal injection therapy is a treatment for men with erectile dysfunction (ED) where medication is injected directly into the penis. The medicine relaxes the blood vessels and allows for increased blood flow into the penis, creating an erection. Injections are effective and fast-acting, can be used anytime, and result in a natural feeling erection.

Your provider will help determine the proper dose of the medication and show you how to administer the injection for your first dose.

DIRECTIONS FOR SELF-INJECTION OF BIMIX, TRIMIX, AND QUADMIX

Preparing the dose:

1. Wash your hands thoroughly and use a clean paper towel to dry them.
2. Before inserting the needle into the medication vial, make sure the solution is not cloudy and does not contain any particles. If it does, discard.
3. Wipe the rubber stopper on the vial with an alcohol pad.
4. When handling the syringe, do not touch the needle with your hands or let it touch any surfaces to avoid contamination.

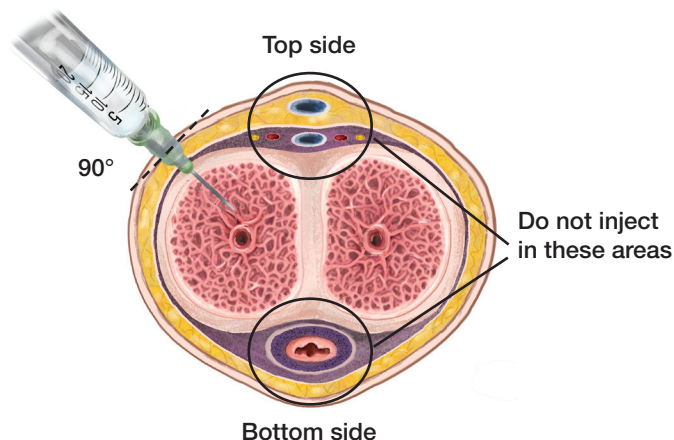
Never share or reuse needles or syringes.

5. Remove the needle cover by firmly grasping the syringe barrel. Do not discard the needle cover; you will need to use it again.
6. Push the needle through the center of the vial's rubber stopper.
7. Turn the vial and needle/syringe upside down with one hand. Keeping the needle tip below the level of fluid, slowly pull back on the syringe plunger to the desired dose.
8. Gently tap the syringe barrel to eliminate any air bubbles.
9. Holding the syringe upright, push the syringe plunger to the correct volume mark for the dose prescribed by your provider to remove any air and excess solution from the vial.
10. Gently pull the needle and syringe out of the vial and replace the needle cap before placing the loaded syringe on a clean, level surface.



Preparing for the injection:

Intracavernosal injections are injected into one of the two corpus cavernosum which run the length of the penis. The injection should be delivered on ONE side of the shaft of the penis. Each time you use an injection, alter the side of the penis receiving the injection.



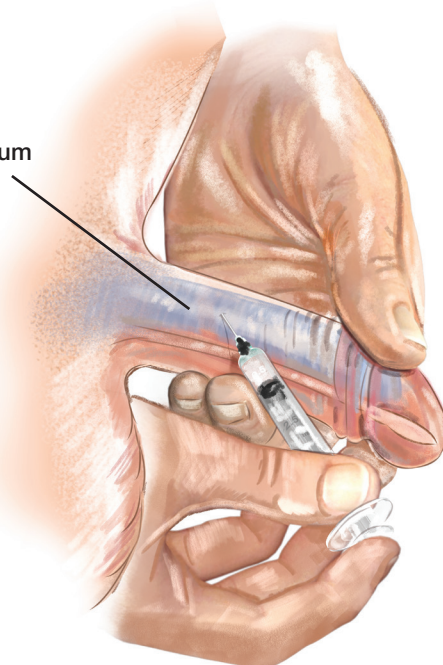
Avoid injecting the medication into any visible blood vessels. Do not inject the medication at the top or bottom of the penis.

How to Give the Injection:

1. Make sure you are standing and clean the injection site with an alcohol swab.
2. With the hand that will be delivering the injection, stretch out the penis.
3. Remove the cover from the needle and hold the syringe.
4. Squeeze the base of the penis firmly with your thumb and index finger or use a constriction band to form a tourniquet around the base of the penis. This will allow the medication to stay in the penis instead of going into the body.

5. Now you're ready to give the injection. In one, steady motion, push the needle straight into the selected injection site until the needle is almost entirely in the penis. Holding the syringe barrel between two fingers, move your finger or thumb to the top of the plunger and push down to slowly deliver the entire contents of the syringe. NOTE: Inject the syringe approximately one inch below the tourniquet grip.
6. Grasping the syringe barrel, pull the needle out of your penis.
7. Continue holding the base of the penis for three minutes after the injection.
8. After three minutes, release the tourniquet grip and allow the medication to take effect while gently massaging the shaft of the penis.
9. Properly dispose of all injection materials and needles.

Corpus cavernosum



HOW TO STORE YOUR INJECTIONS

- Tri-mix, PGE-1, and Quad-mix should be kept in the refrigerator.
- You may freeze the medication if you experience extended periods without refrigeration.
- Intracavernosal injections must not be exposed to temperatures above 30°C/86°F as this will render the active ingredient ineffective.

SIDE EFFECTS OF INTRACAVERNOSAL INJECTIONS

The most common side effects include:

- Aching in the penis, testicles, legs, and perineum (area between the penis and the rectum)
- Minor bleeding at the injection site
- Redness of the penis due to increased blood flow
- Swelling of leg veins
- Rapid pulse, light-headedness, dizziness, and/or fainting; If you have a history of fainting, talk to your doctor before using intracavernosal injections. If you experience dizziness or feel faint, lie down immediately and raise your legs.
- Priapism is a prolonged erection lasting more than four hours. Erections should last 45 minutes to one hour. If you experience an erection that is painful and lasts for more than four hours, call your provider or go to the nearest Emergency Room. Take the medication with you.

FACTORS THAT MAY AFFECT YOUR ERECTION

- Anxiety, fatigue, tension, and too much alcohol may affect your erection.
- Lying on your back too soon after the injection may reduce blood flow to the penis, resulting in the loss of erection.
- Medications that contain decongestants or appetite suppressants may block the effect of the injections.

Every person is unique and sometimes the injections do not produce the desired results. If the medication does not work for you, you may need to check your injection technique. Your provider may prescribe other medications or discuss other treatment options for ED. If you have any questions about the intracavernosal injection, contact your provider's office.

