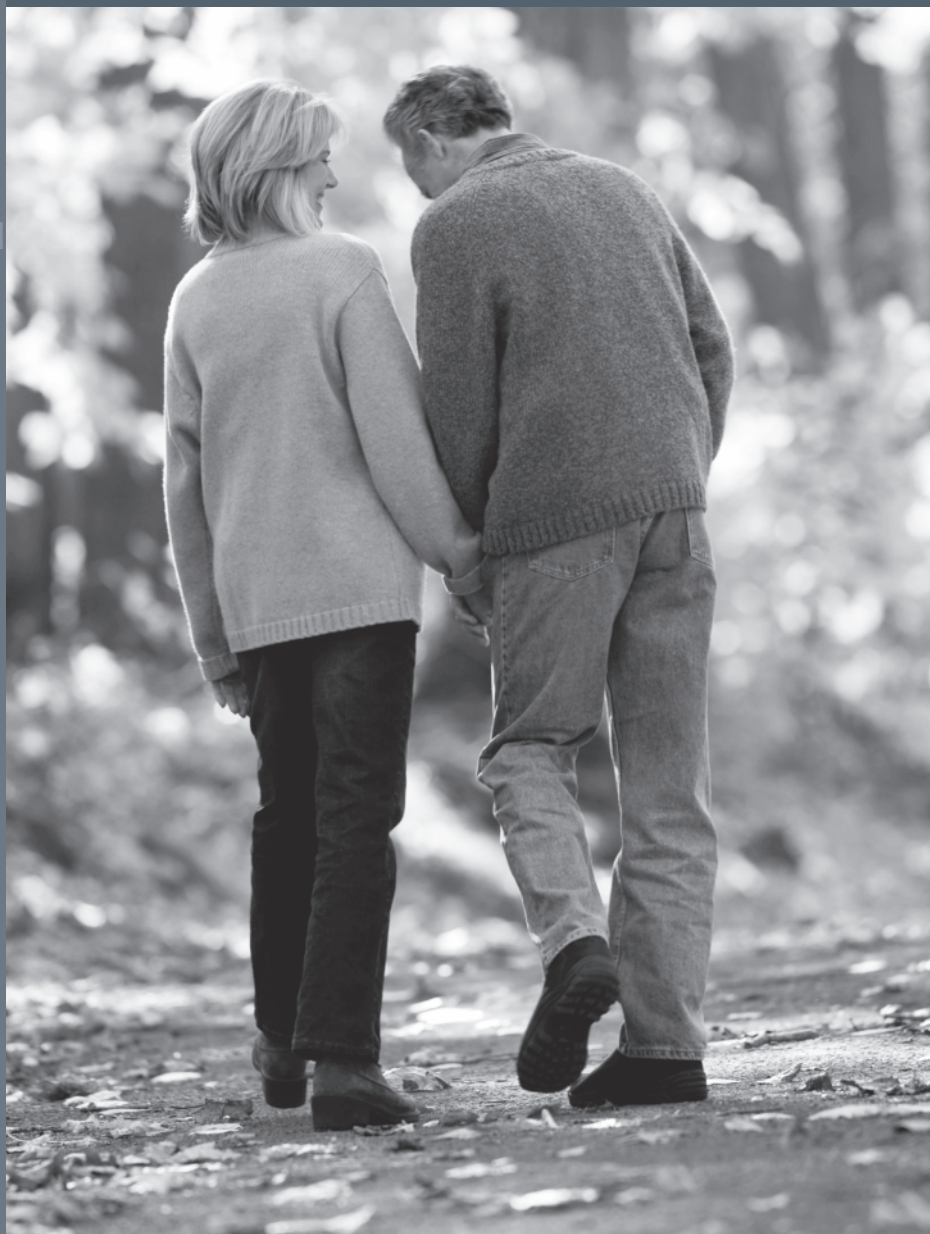


A Treatment for Erectile Dysfunction



Patient Guide to Injection Therapy: A Treatment for Erectile Dysfunction

The purpose of this guide is to provide the information you will need for penile injection therapy. It is critical that you read this carefully and refer to it whenever necessary to ensure your injections are performed safely.

Important precautions

- **Do not** take any medication for erectile dysfunction without notifying your provider. This includes Viagra, Levitra and Cialis.
- **Do not** change your dose or inject more medication than prescribed.
- **Do not** inject a second dose if the first dose does not work.
- **Do not** inject more than one dose of medication in a 24-hour period.
- **Do not** inject yourself more than 3 times per week.

Medication storage and injection preparation

Proper storage will preserve the medication for up to six months. Store the medication in the refrigerator. Never use the medication if it has passed its expiration date.

Clean a surface on which you can place the following supplies:

- alcohol swabs
- medication vial
- syringe
- container to dispose of the syringe after use

Wash your hands before each injection.

Drawing the medicine

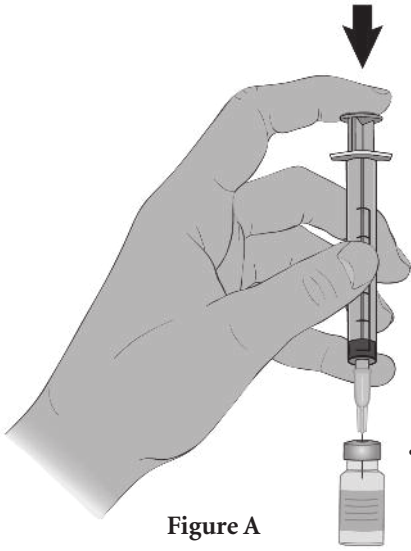


Figure A

- Remove the metal tab from the medication vial and use an alcohol swab to clean the top of the vial. **Do this each time you are drawing medication.**
- Remove the syringe from the package and uncap the needle.
- Grasp the syringe in your dominant hand and hold it like a pen. Place the vial in the other hand.

• You will need to inject air into the vial. Pull the plunger back on the syringe past the dose prescribed. Insert the needle into the rubber stopper and push the plunger down (*Figure A*).

• Continue to hold both the vial and needle and turn them upside down. Make sure the needle is below liquid level. Pull the plunger past the prescribed dose (*Figure B*) and then push the plunger up to your prescribed dose. Be certain the amount of medication is correct.

• If you see air bubbles, pull more medicine into the syringe. Hold the syringe with the needle pointing up and gently tap the syringe. The bubble will float to the top. You can then slowly push the air bubbles and excess medicine back into the vial. Again, make sure you have the prescribed dose of medicine in the syringe.

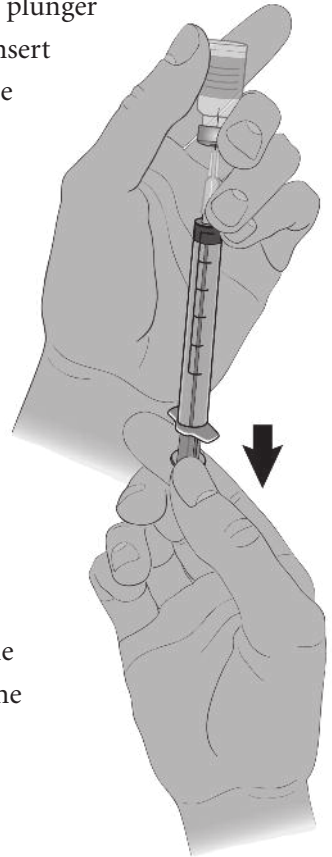
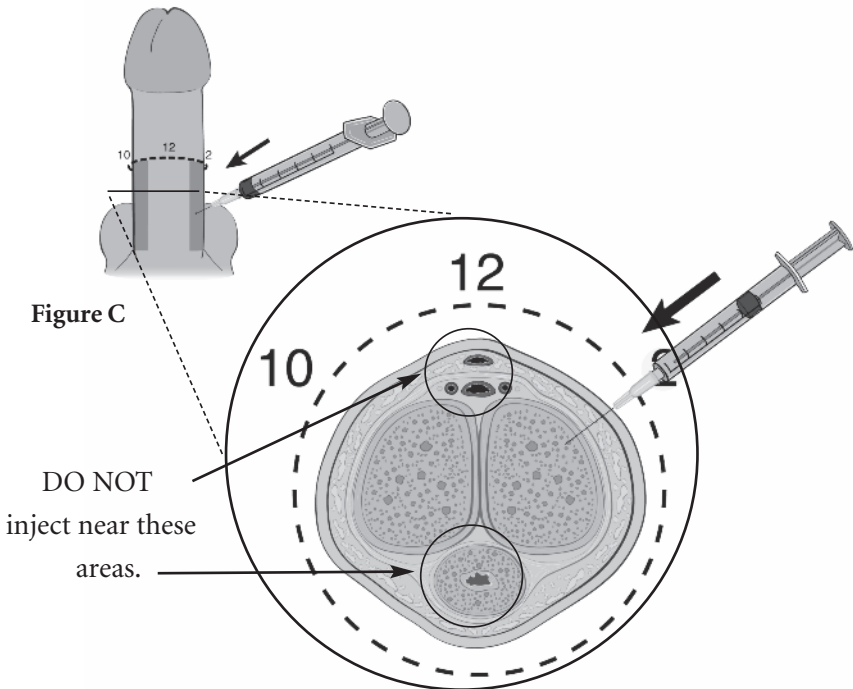


Figure B

Site selection and injection

- The needle is to be injected in the shaft of the penis at the 10 o'clock or the 2 o'clock position (*Figure C*). Avoid injecting directly into any vein because this may cause bleeding.
- Be sure to alternate sites each time you inject yourself.
- Grasp the head of the penis (if uncircumcised, pull the foreskin back and then grasp the head of the penis), and pull the penis straight out.
- Wipe the area with an alcohol swab.
- Let go of the penis, pick up the syringe and remove the cap. Hold the syringe close to the needle like you would hold a pen.
- Again, grasp the head of the penis and pull it straight out. Keep tension on the penis and do not turn it.
- Touch the needle to the skin, quickly slide it into the shaft and push the plunger (*Figure D*).



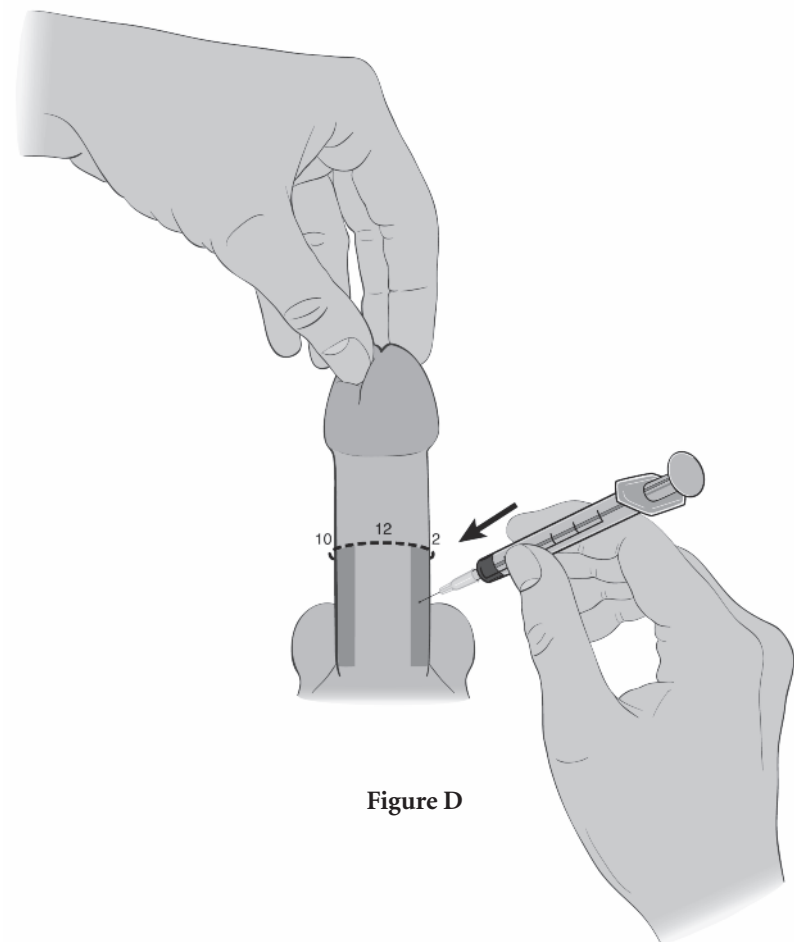


Figure D

- Do not inject straight down on the top or bottom of the penis. (*So you do not injure the nerves or arteries or veins*)
- Remove the needle and place your thumb on the injection site. Apply pressure for 2 to 3 minutes (5 minutes if you are taking blood thinners).
- Immediately following injection, discard the used syringe in an appropriate sharps container. A sharps container may be purchased from a pharmacy or surgical supply store. For more information on medical waste disposal, visit www.dfri.org/sharps.htm or www.rirrc.org and search “needle disposal,” or contact your state’s department of public health.

Erection scale

To safely achieve the erection you desire, it is important to find the dose that works best for you. By recording the date of each injection and your erection scale score, your doctor will be able to determine if your dose needs to be adjusted.

The erection scale ranges from 0 to 10.

0 = No erection

6 = Firm enough for penetration

8–9 = Satisfactory for intercourse

10 = Cannot get any firmer

Priapism

Priapism is an erection lasting longer than normal. If an erection lasts 4 hours, you must go to The Miriam Hospital emergency room. Ask for the GU resident to be called. The GU resident will notify us of the problem. You will need to have an injection of medication to allow the erection to resolve. Do not wait until the next day or you may develop permanent scarring inside the penis.

After prostate cancer treatment

If you have been treated for prostate cancer or have had pelvic surgery within the past year, your doctor may have prescribed a low nightly dose of Viagra or Levitra.

When you begin injection therapy do not take Viagra or Levitra on the nights you are giving yourself an injection. Do not take Cialis within 4 days of the injection since Cialis stays in your blood for 4 days. If you take the pills along with the injection, you may develop priapism.



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