

A GUIDE TO PENILE INJECTION TREATMENT



- This booklet is to help you understand penile injection treatment.
- Please bring it with you to your clinic appointment.
- Review it with the nurse and with your partner.



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IMPORTANT: PLEASE READ

Information provided by this booklet is for educational purposes. It is not intended to replace the advice or instruction of a professional healthcare practitioner, or to substitute medical care. Contact a qualified healthcare practitioner if you have any questions concerning your care.



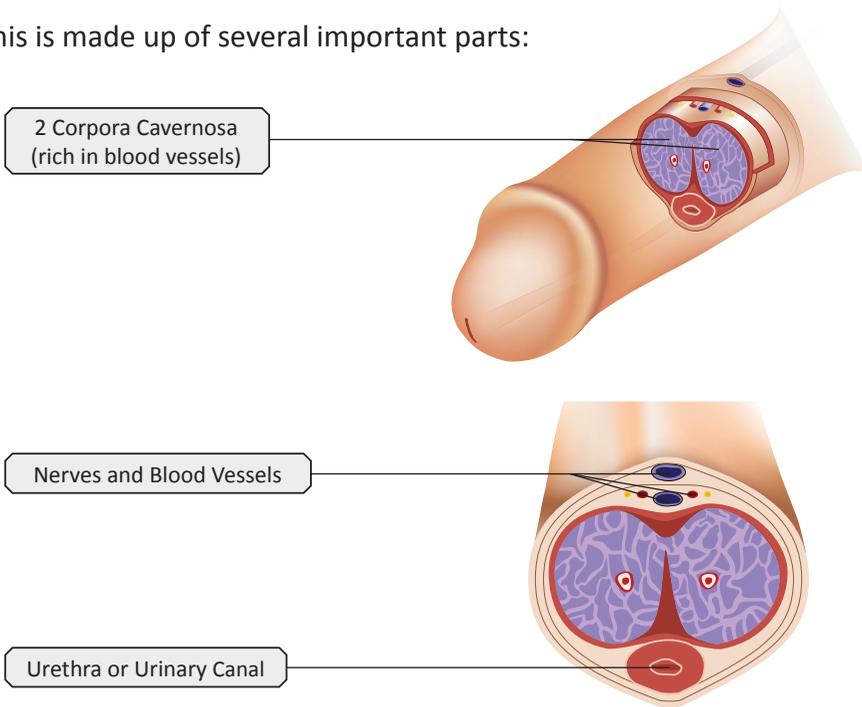
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INTRODUCTION

Penile injections are the most reliable and effective treatment for erectile dysfunction.

The penis is made up of several important parts:



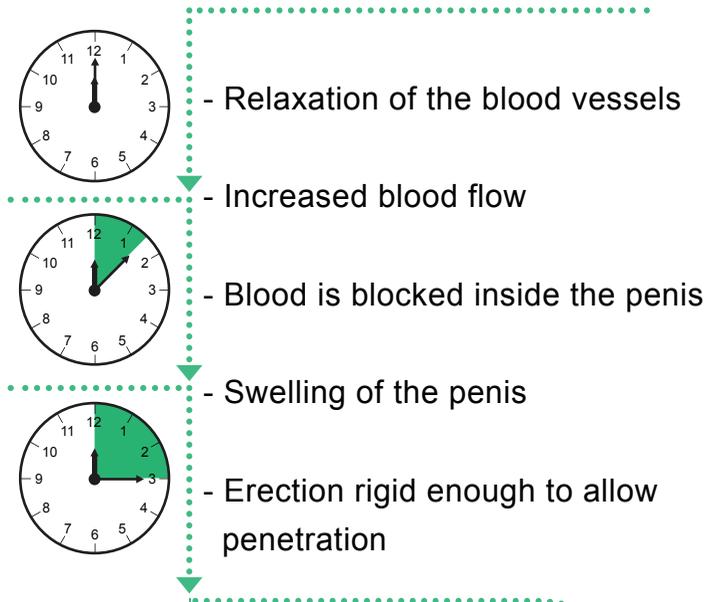
- **Blood vessels:** The blood vessels are a system of tubes that deliver blood to the corpora cavernosa.
- **2 Corpora cavernosa:** These 2 columns of spongy tissue run along the sides of the penis. Blood fills this tissue to cause an erection.
- **Nerves:** The nerves in the penis send signals to the brain, which in turn, sends signals to the blood vessels of the penis to expand for an erection.
- **Urethra or urinary canal:** This is another tube that runs through the penis. It acts as a passage for urine and semen.

WHAT IS PENILE INJECTION TREATMENT?

- It is a way of having an erection by injecting a medication into the penis.
- This medication allows more blood flow into the penis to produce an erection.
- The 2 possible side-effects are bruising and priapism (an erection lasting more than 4 hours). Both will be explained further on in the booklet.
- Orgasm and ejaculation are not changed by this treatment.

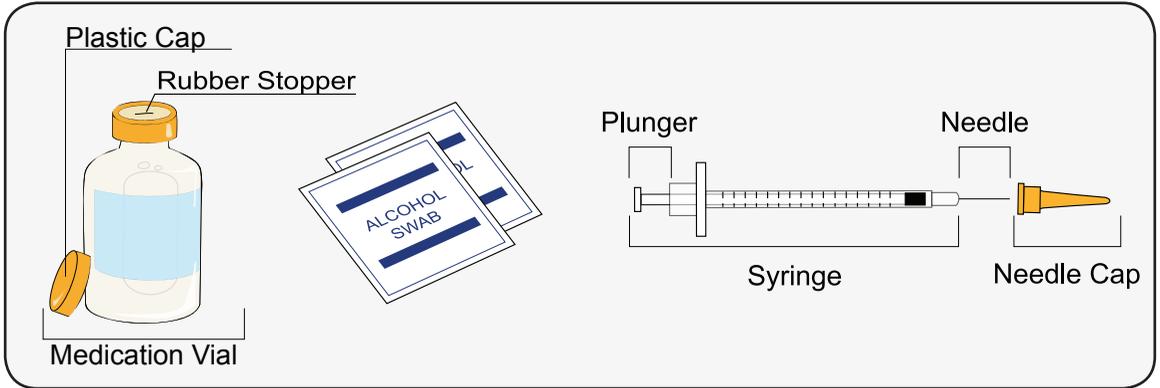
WHAT HAPPENS WITHIN 15 MINUTES OF AN INJECTION?

Within 15 minutes



This erection
will last
approximately
1 hour

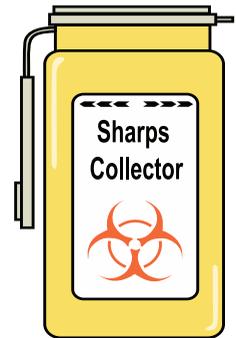
SUPPLIES NEEDED



- Since the medication is only available at a few pharmacies, we will tell you where to buy it. The pharmacy will supply you with everything you need.

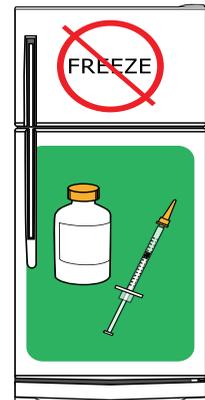
WHAT TO DO WITH YOUR USED NEEDLES

- Ask your pharmacist for a special container for used needles.
- When the container is almost full, bring it back to your pharmacy.



STORING YOUR MEDICATION

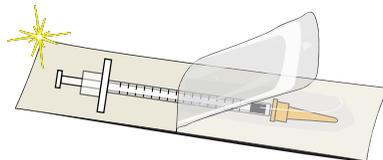
- The medication must **always** be refrigerated but **never** frozen, otherwise it will lose its strength.
- The medication is good for 4 months when properly stored.
- At home, you may want to have one syringe filled and ready in the fridge. Before you use it, make sure that the amount of medication in it is still correct.



HOW TO PREPARE YOUR MEDICATION



Always use a new syringe and needle. If at any point during the procedure the needle touches something, throw it away. Start over with a new syringe and needle.



Your starting dosage is:



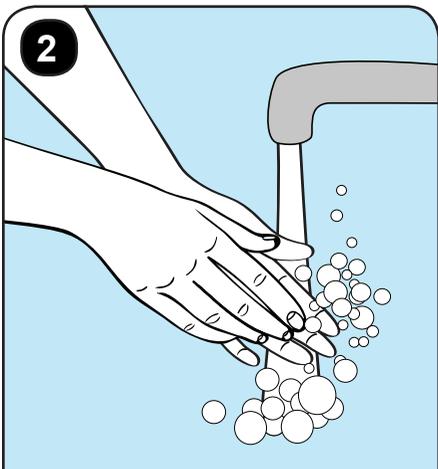
1

Inspect your medication vial:



- it is the right medication
- it is clear
- it is not expired

2



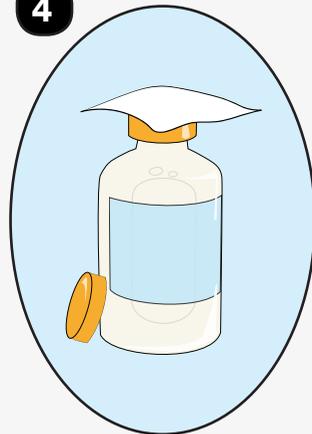
Wash your hands with soap and water.

3



Remove the cap from your medication vial.

4



Wipe the top of the rubber stopper with an alcohol swab.

HOW TO PREPARE YOUR MEDICATION

5 Stick the needle through the rubber stopper.

Hold both the syringe and the vial using both hands. Turn it upside down.

6 Pull back the plunger slightly past your prescribed dosage of medication.

7 Check the syringe for air bubbles. If there are some, tap the syringe gently to release them.

Tap Tap

8 Slowly push the plunger to your prescribed dosage of medication.

9 Take the needle out from the vial.

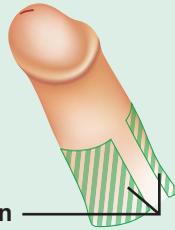
10 Cover the needle with the cap.

HOW TO INJECT

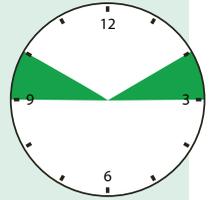
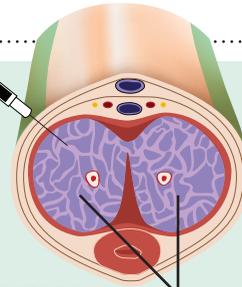


In order to be effective, the medication needs to be injected into a corpus cavernosum

Area of injection

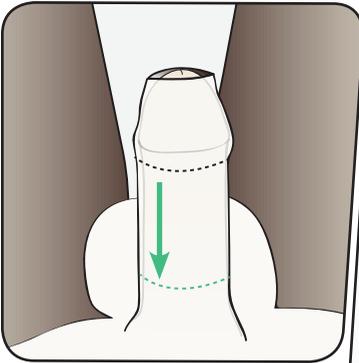


Corpora cavernosa

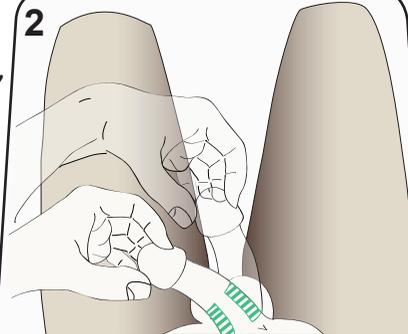


1

If you are not circumcised, pull back your foreskin.

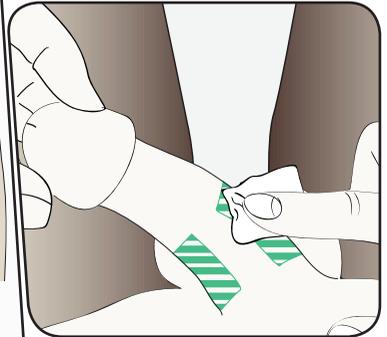


2



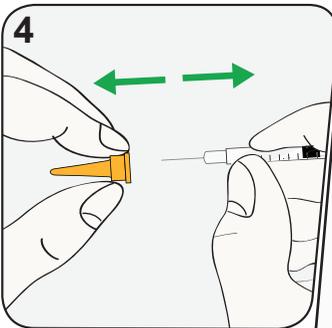
Using your thumb and forefinger, hold the head of your penis. Stretch your penis sideways so that it lies over your right or left thigh.

3



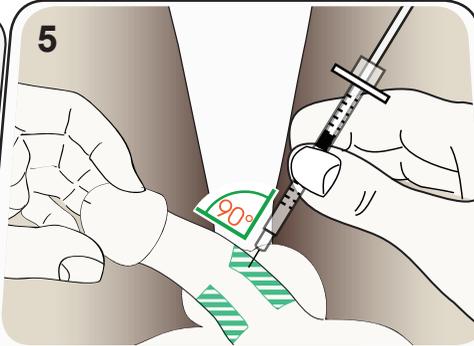
Wipe the injection site with an alcohol swab.

4



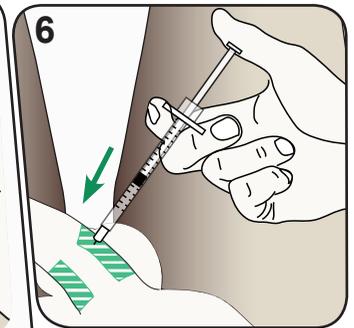
Remove the cap from the needle.

5



Place your penis as described above. Hold the syringe like a pen and insert the needle at a 90° angle.

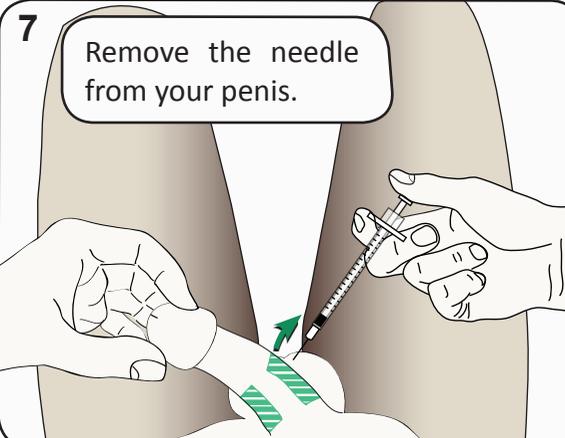
6



Press the plunger with your thumb and slowly inject the medication.

HOW TO INJECT

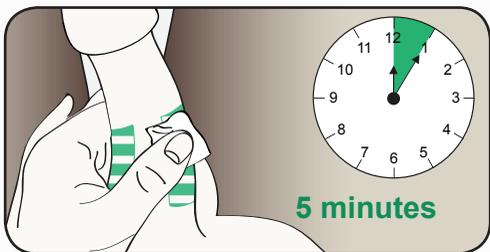
7 Remove the needle from your penis.

An illustration showing a hand pulling a syringe away from a penis. A green arrow points to the syringe, indicating the direction of removal.

8 Without recapping, throw both the cap and syringe/needle into your disposable container.

An illustration showing a hand dropping a syringe and needle into a yellow sharps collector. The collector has a biohazard symbol and the text "Sharps Collector".

9 Using your thumb, on the alcohol swab, press on the injection site for 5 minutes to prevent bruising.

An illustration showing a thumb pressing on an alcohol swab on a penis. A circular timer shows 5 minutes remaining, with the text "5 minutes" below it.

10

An illustration of a man sitting on a bed, smiling.

Now you can start foreplay. Your erection should develop naturally in a comfortable, romantic environment.

 **Notes**

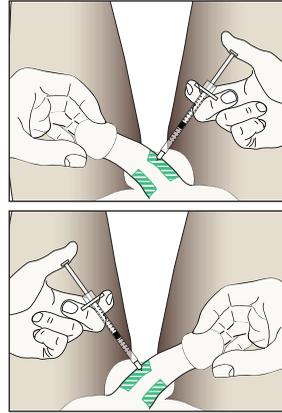
IMPORTANT INFORMATION

WHAT TO REMEMBER

- **DO NOT** use this injection more than **3 times per week**.

For example:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2			
1				2		3
	1		2		3	
			1			2
	1			2		3



Always change the side and site of injection to prevent scarring of the penis.

- **DO NOT** inject into any visible veins as you may have some pain and/or bruising at the injection site.
- **DO NOT** inject the medication into the urethra. If you do, you may feel some burning and/or pass small amounts of blood the next time you urinate.
- **DO NOT** inject into an erect or semi-erect penis.
- **DO NOT** re-inject the same day. If you are not satisfied with your erection, you must still use the same dose at least 2 more times. Then, you can increase the dose by 2 units. You must also try this new dose at least 3 times total before you increase it again.

Your starting dose is: _____

Try each dose _____ times before using more.

If a dose is not enough after this, then you can use _____ more.

Your maximum dose is: _____

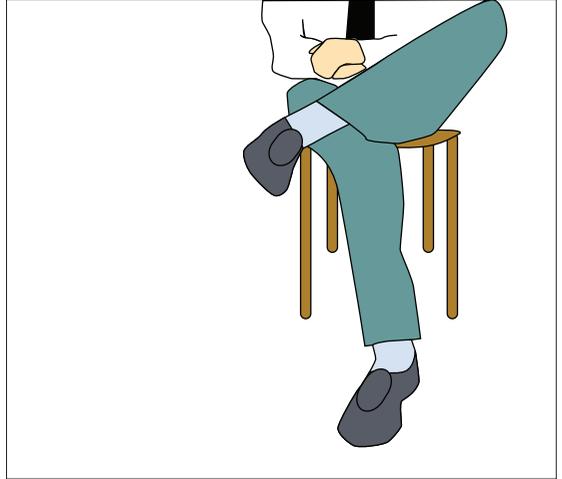
IMPORTANT INFORMATION

PROLONGED ERECTION (PRIAPISM)

Priapism is an erection lasting more than 4 hours. This can cause permanent damage to your penis.

If your erection lasts more than 2 hours, you should:

1. Stop all sexual stimulation.
2. Apply cloth-covered ice packs on and off.
3. If this does not work, go to your nearest emergency department. You should arrive no later than 3 hours after your injection. The team needs time to treat you before permanent damage can happen. Ask to see the "Urologist on call."



CONTACT INFORMATION

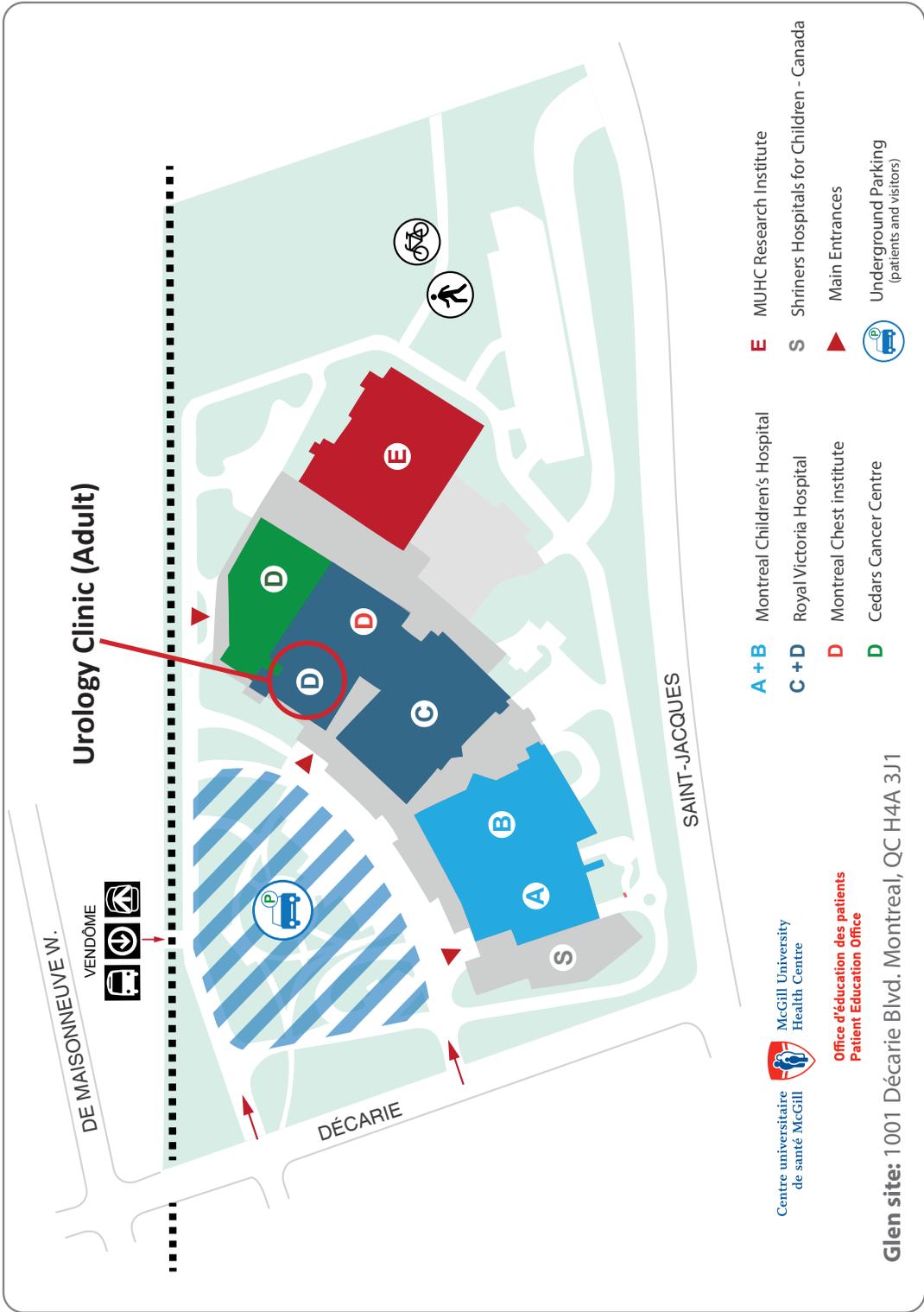


Have any questions or concerns?
Please contact the urology clinic nurse at
(514) 934-1934 extension: 34959

We can be reached Monday to Friday:
08:30 - 12:00 and 13:00 - 16:00

Please note that the clinic is closed
on weekends and holidays





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- Urinary Retention and Catheter Care
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- Urine Collection (male & female)
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