

Intra-Penile Injection for the Treatment of Erectile Dysfunction (Not Using the Caverject or Edex System)

Introduction

The purpose of this document is to instruct you on how to give yourself intra-penile injections of medication in order to treat erectile dysfunction. These injections have been used successfully for many years by numerous patients such as yourself. They are considered to be fairly safe. However, injections are not a cure for your erectile dysfunction. As such, treatment with this method will continue for as long as the following three conditions are met:

the injections suit your lifestyle;
you have no ill effects from the injections;
and the medication(s) help you achieve an adequate erection.

How Do the Injections Work?

The injections work by putting medicine into the areas of your penis called the corpora cavernosa. The corpora cavernosa are two cylinder shaped structures that straddle the urethra and lay side-by-side in the shaft of your penis. These two bodies make up the greater portion of what you would call the shaft of your penis. Any medicine put into one of these cylinders will automatically go into the other because of the connections between the two. The medicines used to treat erectile dysfunction work by causing both increased blood flow into and decreased blood drainage from the corpora cavernosa. These effects together increase the amount of blood in the penis and cause an erection to occur.

How to Get Started

In order to successfully use penile injections to get an erection, you will need to know the following:

1. How to get the medicine into the syringe
2. How to inject it into your penis
3. When to do all of the above.

Equipment Needed:

1. A one ml insulin-type syringe with a $\frac{1}{2}$ inch, 27, 28, or 29 gauge needle
2. Rubbing alcohol and cotton balls or alcohol wipes.
3. A vial of the medicine to be used (please note: store medicine in your refrigerator only)

Filling the Syringe:

This step is probably the most technically difficult part of the entire process. The doctor at the office should have gone over this with you before you received the medication. The important points to remember in filling the syringe are:

1. Wash your hands prior to beginning the process
2. Clean the top of the medicine vial with alcohol and let dry;
3. Pull back the plunger so that the amount of air in the syringe equals the dose of the medicine you plan to take;
4. Remove the cap of the needle and set it down carefully;
5. Inject the air from the syringe into the medicine vial;
6. Fill the syringe by pulling back on the plunger with the amount of medicine prescribed per injection.
7. Check for air bubbles and remove them by pushing in the plunger and withdrawing again. Small air bubbles are in no way dangerous if you follow all other self-injection instructions carefully. However, the amount of medicine will be reduced by the size of any air bubbles present. This reduction may make the medication less effective for you. It is therefore important to try and remove them.

Instructions: Intra-Penile Injection

Air will tend to collect at the highest end of the syringe. First check the syringe for air bubbles with the needle inside the bottle and the bottle flipped upside down. If you see any bubbles, push the medicine back into the vial and slowly fill the syringe again. If necessary, you can remove bubbles from the bottom of the syringe by tapping it with your finger. You can also check for air bubbles by laying the syringe on its side across the top of a cup. After you refill, check again. If you have

difficulty seeing the air bubbles, seeing the numbers on the syringe, or handling the syringe itself, ask the physician for assistance.



Injecting and removing fluid from vial



Tapping syringe to release air bubbles

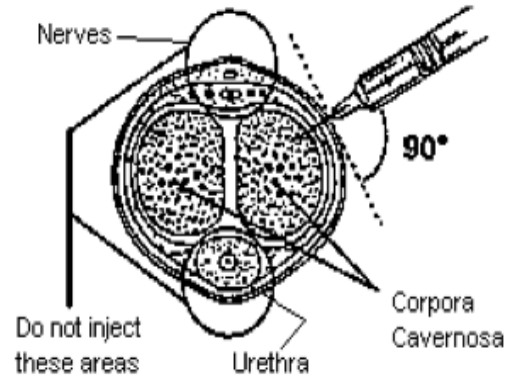
It is quite normal to feel a bit nervous about giving yourself an injection. Only by doing it once or twice will you truly be able to tell if this feeling will pass or if this method is simply not for you. If you follow the directions below, you should be able to give yourself an injection into your penis with safety.

The Grip

As mentioned earlier, the injection is given into the corpora cavernosa. Since these bodies make up the majority of the penile shaft, it is relatively easy to locate and self-inject into them. In order to properly identify these areas, you need to start with a proper grip on your penis. The grip you will use is similar to the three-fingered grip you use to throw a baseball. Put the thumb on the top part of the head of the penis, the second and third fingers together on the bottom of your penis, and grip firmly. This exposes the areas where you should inject into your penis: on the sides, from the base to below the head. Keeping your thumb on top while you grip and pull will help keep you from twisting your penis and exposing the top or bottom.!



*Injections sites are shaded
(top of penis)*



*Areas not to inject are circled (cross section)
**Areas that may be injected are shown
by the syringe***

Injecting the Medicine

Get the medicine-filled syringe, uncap it, and put it down on a clean surface in close reach so you can use it in a minute. Right-handers will probably want to use their right hands to inject, and left-handers will want to use their left. Grip your penis as described above, and pull it over to one side. Choose a spot on either side of your penis to inject. Clean the spot with some alcohol while gripping your penis with your other hand. Pick up the syringe and hold it the same way you would pick up a dart or a pencil. Now, use your wrist to "poke" the needle straight through the skin and into the penis. You will feel some resistance when you do this; that is OK. Remember to keep the needle at a right angle to the surface of the skin of the penis.



Inserting the needle into the penis



Injecting the contents of the syringe

Remove either your thumb or first finger from the syringe while still holding it with the rest of your hand. Use that finger to slowly but firmly inject the medication into your penis. Injection should be painless and should meet little resistance. If you meet resistance, gently pull the syringe out $\frac{1}{4}$ " and try again. If you still meet resistance, remove the needle and try again. Immediately after giving yourself the injection, press firmly on the injection site for three minutes with your thumb and first finger, using a cotton ball or alcohol swab. Keeping pressure on this area for a full 2 minutes by the clock after injecting will help prevent a bump or bruise from occurring at the site. Minor bruising of the penis, however, is not at all serious and may be treated with warm compresses as needed. Please contact us before your next injection if you experience uncomfortable and/or extensive bruising of your penis. The medication tends to work better if you are standing up, as this helps pool blood in your penis. External stimulation to the penis will also greatly enhance the effects of the medication. You should notice results in 10 to 15 minutes after your injection. If the results are not optimal for you, do not use more medication. You will be in danger of using too much at once if you do. You may want to try some extra physical stimulation to your penis.

On average, your erection should last from one-half hour to one hour. After one hour, we recommend applying an ice pack and taking over-the-counter Sudafed. If your erection lasts more than four to six hours, please call the office at (203)356-9391. You may need medical intervention to avoid injury to your penis. If you are unable to reach anyone by phone, go directly to an emergency room for help.

In the beginning, we recommend using the medicine only once a week for the first four to six uses; then you should return to see us. We will ascertain whether any scar tissue is forming in the injection site. Once things are going well, we will suggest that you try to limit your use of the medication to less than eight to 10 times a month (or approximately twice a week). If you find you desire to use it more frequently than that, please call and discuss the matter with us.

Conclusion

Penile self-injection is a safe and effective treatment for erectile dysfunction. Your success or failure with this method will depend both on how the medicine works for you and how you "work with" the medicine. Keep in mind that not every method is suited to every person. Do not hesitate to call if you have a problem.