



### **Your Medication**

Your doctor has prescribed a custom medication to help treat erectile dysfunction. It works by relaxing the smooth muscle in the penis and opening the blood vessels causing an erection. While the idea of sticking a needle into your penis may be a bit overwhelming, many men report that it's the psychological anxiety of their first self-injection – not the pain itself – that's the problem. If you experience discomfort after the medication is injected, talk with your doctor. It may be as simple as a change in medication or a review of your injection technique.

### **Storage**

Store the medication in the refrigerator and keep it away from light. This can keep the medication good for up to 90 days. Do not use the medication if it has particles, is cloudy or has passed its "beyond use" date.

### **Dosage**

Use only the prescribed dose. Do not use more than once in a 24 hour period. Do not change the dose without consulting your physician.

### **Preparing the Injection**

1. Prepare a clean surface on which you can place the supplies you will need.
2. Assemble your supplies:
  - Medication vial
  - Syringe
  - Alcohol swabs
  - Sharps container.
3. Take the medication out of the refrigerator.
4. Wash your hands well with soap and water.

### **Drawing Up The Medication From The Vial**

1. Remove & discard the seal off the vial if you are using it for the first time. Wipe the rubber stopper on the top of the vial with an alcohol swab.
2. Hold the medication vial so that your fingers do not touch the rubber stopper.
3. Remove the cap from the needle. Be very careful not to let anything touch the needle. If anything touches the needle, you must throw the needle away in the sharps container and use a new one.
4. Draw an amount of air equal to the amount of medication to be injected into the syringe. (see Fig 1)
5. Turn the vial and syringe upside down (see Figure 2). Slowly draw the medication into the syringe. Tap the syringe gently to reduce any air bubbles. Move the plunger in and out several times while tapping the syringe to eliminate any air bubbles.
6. When you have the correct amount, pull the needle out of the vial. Then place the cap back on the syringe without touching or bending the needle. If you touch or bend the needle, you will need to start again.

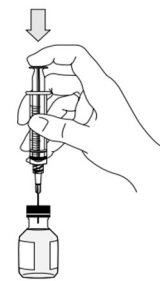


Figure 1:  
Injecting air into the vial



Figure 2: Withdrawing  
the medication



### **Injecting the Medication**

1. Sit upright or slightly reclined when performing the injection. You will be injecting this medication into the corpora cavernosa, the spongy tissue on the sides of the penis. Locate the area to be injected. Avoid any veins, the top, and the bottom of the penis. Grasp the entire head of the penis and position it along the inner thigh so that you can clearly see the injection site. Wipe the area with an alcohol swab. Maintain a grip on the head after cleaning the side of the penis. Keep tension on your penis; do not twist it. See Figure 3.

2. Grasp the syringe and hold the syringe between your thumb, index and middle fingers like a pen. Place the needle on the site of injection at a 90° angle. Place your index finger on the plunger to inject the medication.

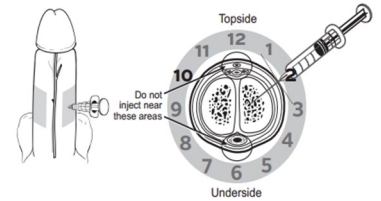


Figure 3: Choosing an injection site

3. Quickly push down on the plunger to inject the medication into the shaft of your penis. Be careful not to pull the syringe out as you are injecting the medication.

4. Quickly remove the needle after you have injected all the medication. Pull it straight out. Do not use a twisting or jerking motion because this may cause bruising. Apply pressure for 2 to 3 minutes with your thumb on the injection site and your index finger on the opposite side of your penis. If you are taking a blood thinner or aspirin, hold the pressure for 5 minutes. Do not lie down for 10 - 15 minutes.

5. Place the syringe in the sharps container.

### **DO**

- Wipe the rubber stopper on the medication bottle with alcohol each time
- Prior to injection, double check the syringe to ensure there are no air bubbles or particles
- Stop the injection if you experience severe pain. There may be a problem with the injection site. You may feel a mild burning during injection. That is normal.
- Alternate the side of the penis and vary the injection site with each use
- Seek medical attention right away if your erection lasts more than 4 hours

### **DON'T**

- Take oral PDE5 inhibitor medications (e.g., Viagra, Cialis, Levitra) the night before or morning of injection without consulting your physician
- Give injections on the top or bottom of the penis to avoid nerves, arteries and the urethra (the tube your urine passes through). If you inject in the wrong area of your penis, call your doctor. Do not try to inject your medication again.
- Change the prescribed dose of the medication without first consulting with your health care provider.