potomac UROLOGY

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# PENILE INJECTION INSTRUCTIONS

## WHAT ARE PENILE INJECTIONS?

• **Penile injections are one of the most effective treatments for erectile dysfunction with some studies estimating a 93% success rate.**

This well-tolerated technique is reserved for patients who fail (or are unable to use) other erectile aides such as pills, pellets into the urethra, or vacuum erection devices. It is a combination of 2-3 medications designed to increase blood flow to the penis, resulting in a spontaneous erection.

## PREPARING FOR YOUR INJECTION TEACHING VISIT

Do **NOT** take Viagra, Cialis, or any other oral erectile medication the night before or the morning of your penile injection therapy teaching appointment.

If you wear reading glasses, please bring them to your appointment.

If your partner is going to be the one performing the injections, he/she **MUST** come to the teaching appointment.

Teaching sessions take approximately ONE HOUR.

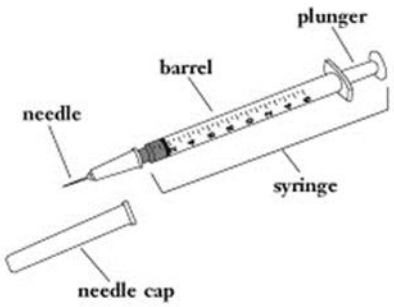
## INJECTION SUPPLIES NEEDED

• Injection kit (27G needles, alcohol wipes)

• Premixed 10mL vial of medication

## INJECTION INSTRUCTIONS

1) Wipe off the top of the medication bottle with an alcohol wipe before EVERY injection.



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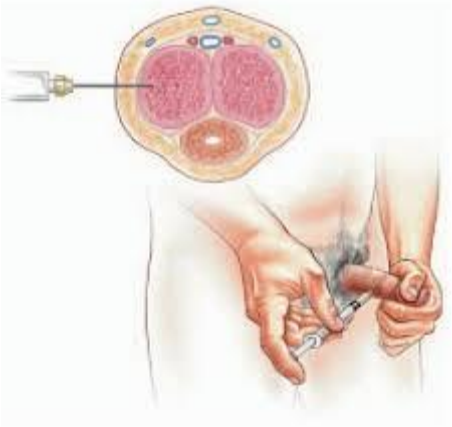
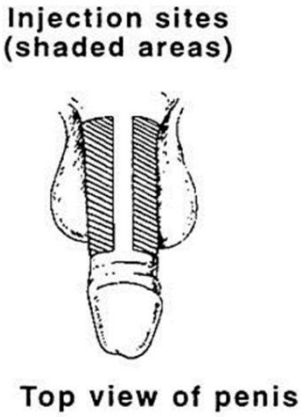
2) Remove the syringe from the package. Uncap the needle (most syringes are 1 ml = 100 units – thus if your hypothetical dose is 10 units, this = 0.1 ml).
3) Insert the needle into the medication bottle and withdraw the dosage amount into the syringe.

4) Use the alcohol wipe to prep an area on the penis around the 10 or 2 o'clock position in the mid-shaft of the penis (either right or left side). Remember the top of the penis is 12 o'clock and the bottom is 6 o'clock – **NEVER** inject into these areas.






5) Put the tip of the needle against the skin and then insert it all the way in so the needle is completely buried. Inject the medication dose. Remove the needle and immediately use the alcohol wipe to apply pressure for 2 minutes (helps prevent bleeding and scarring).
6) Dispose of the needle properly.

## INJECTION RISKS

**Risks of Penile Injections**:

1) Dizziness – a small percent of men will experience light headedness with injection. If you experience this, sit/lie down immediately.
2) Penile Curvature – The injection sites can scar in some men depending on which medication you are on (< 1-4%) causing a bend in the penis with erections.
3) Pain – Most men have minimal to no pain with injection. Depending on the medication, however, rates of pain from the medications themselves (not the needle stick) can occur in up to 15% of men.

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4) **PRIAPISM** – This is most concerning side effect for injections - an erection that lasts LONGER THAN 4 HOURS in the absence of sexual stimulation. It can be extremely painful, and if untreated (typically > 4-24 hours), it can result in permanent erectile dysfunction that would no longer be responsive to injection therapy.

   Priapism occurs in 1-5% of patients using injections, usually with using too much medication or mixtures with other erectile aides. The goal length of erection is 30-45 minutes with injection, or resolution with ejaculation.

   If you experience an erection lasting longer than 2 hours, please take 30mg of SHORT acting Sudafed. If the erection lasts longer than 3 hours – take a cold shower. If there is no response, then please contact us at 703-680-2111 and proceed to the emergency room immediately.

## HELPFUL TIPS

**INJECTION**

• There MUST be 24 hours in between EACH injection. Allow 15 minutes for medicine to work.

• You can inject the medication up to 3 times a week. Alternate right and left side of penis with each injection.

• It may take 2-6 injections to find the dose that causes an erection strong enough for penetration.

**MEDICATION**

• Alprostadil and Trimix **MUST** be kept in the refrigerator.

• Keep medication away from light.

• Medication is only good for **90 days**. Do **NOT** use expired medication.

• Do **NOT** use the medication if it is cloudy or has particles in the fluid.

## QUESTIONS

If you have any problems or questions with penile injection therapy, please do not hesitate to call 703-680-2111.