

Patient Information and Instructions for Injection Therapy for Erectile Dysfunction

The injection of medication directly into the penis is an effective method for the treatment of erectile dysfunction. The medication you have been prescribed is called “Triple P” and actually contains three medications: alprostadil, phentolamine, and papaverine. You will be taught how to perform self-injection, and a small amount of medication will be injected by your urologist to teach you technique, as well as assess your response to the medication.

The goal of self-injection is to create an erection hard enough to have sexual intercourse. The erection should not last for more than 45 minutes. **If your erection is present for more than four hours, you should proceed to your nearest emergency department** (this is called priapism). Priapism can be treated, and, if ignored, can lead to permanent loss of erections by creating scar tissue in the penis.

Once you are capable of performing self-injection, you should wait 2-3 days between injections, and not inject more than six times per month. **The medication should be kept refrigerated at all times.** You can continue to use your vial until the medication seems to be ineffective or it appears to be cloudy.

Side effects of self injection include (but not limited to): painful erections, priapism, penile bruising, and Peyronie’s disease (curvature of the penis).

Instructions for Injection

1. Utilizing a syringe, draw up the desired amount of medication (Figures 1 and 2). Your initial injections should be with _____ units of Triple P. Bubble in the syringe will not hurt you, but they will decrease the amount of medication you receive. Remove as many bubble as possible by gently tapping the syringe while the needle is pointing up, and then push them out with the plunger on the needle



Figure 1- Syringe for self-injection. On this syringe, each short line is equal to 2 units, and the large lines with numbers (10, 20, etc.) are the total number of units.

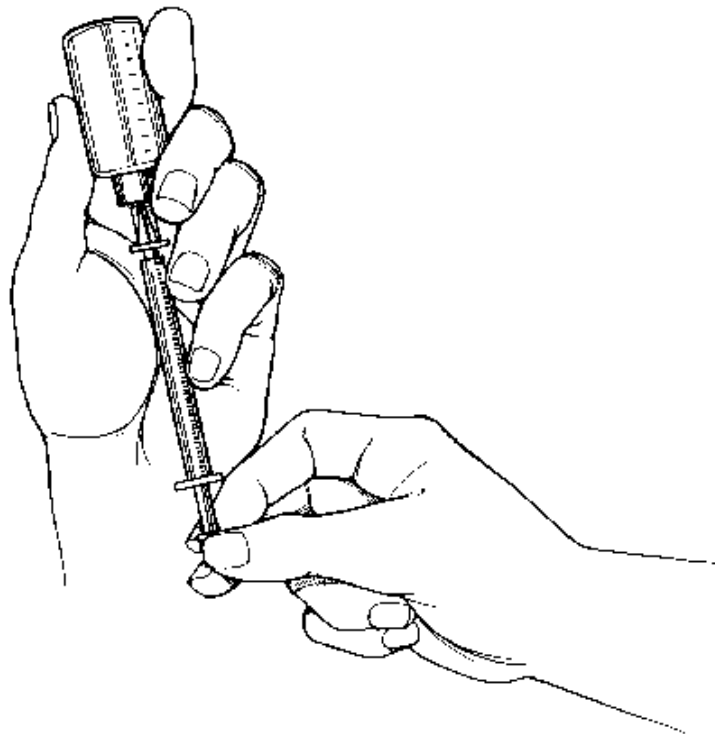


Figure 2 – How to draw up medication from a vial.

2. Hygiene is important. Wash your hands and keep the penis clean. **Use a new needle each time you inject.**
3. The needle needs to be inserted into the proper location. This is between the 9 and 11 o'clock and 1 and 3 o'clock positions (Figure 3). Avoid the

midline of the penis as this may injure the urethra (6 o'clock position – for passage of urine) or the blood vessels of the penis (12 o'clock position). Avoid any blood vessels that you see on the skin of the penis. Injections should be at the base or mid portions of the penis.

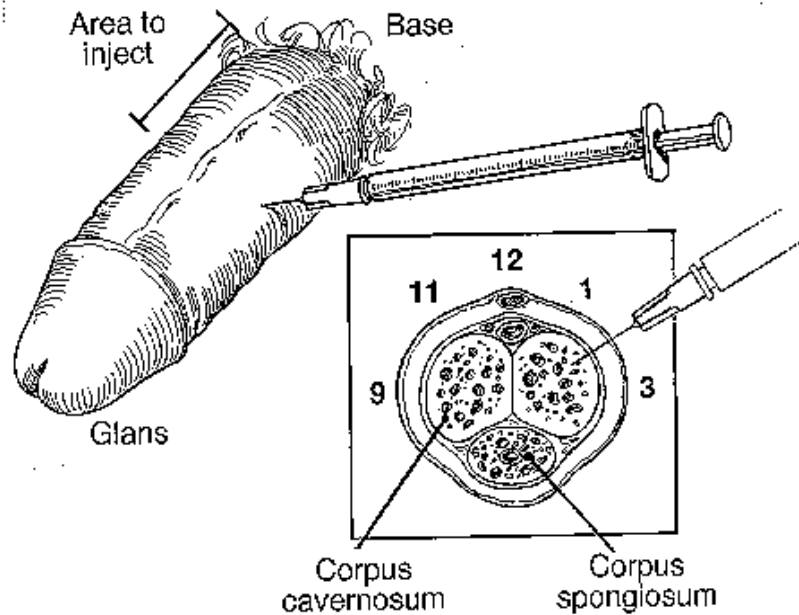


Figure 3- Proper sites for self-injection. Avoid the 12 and 6 o'clock positions to avoid injury to the urethra and blood vessels

4. Grasp and pull the head of the penis toward the side of your leg (Figure 4). Use the left hand if you are right handed. Maintain light tension, and choose a spot for injection. With a steady and continuous motion, penetrate the skin with the needle at a 90 degree angle. Insert the entire needle, inject the medication, remove the needle, and apply gently pressure to the injection site for one minute. Dispose of the needle. Try to vary the injection site to decrease the risk of scar formation.
5. If you do not achieve an erection hard enough to have sexual intercourse, wait 2-3 days before trying again. Increase your dose by 2-3 units until you achieve an erection hard enough to have sex that dose not last more than 45 minutes. Do not be frustrated if the first few tries do not work, as the initial doses are kept low to avoid priapism. Do not try to create a “super-erection” by increasing your dose by large amounts, as priapism will result

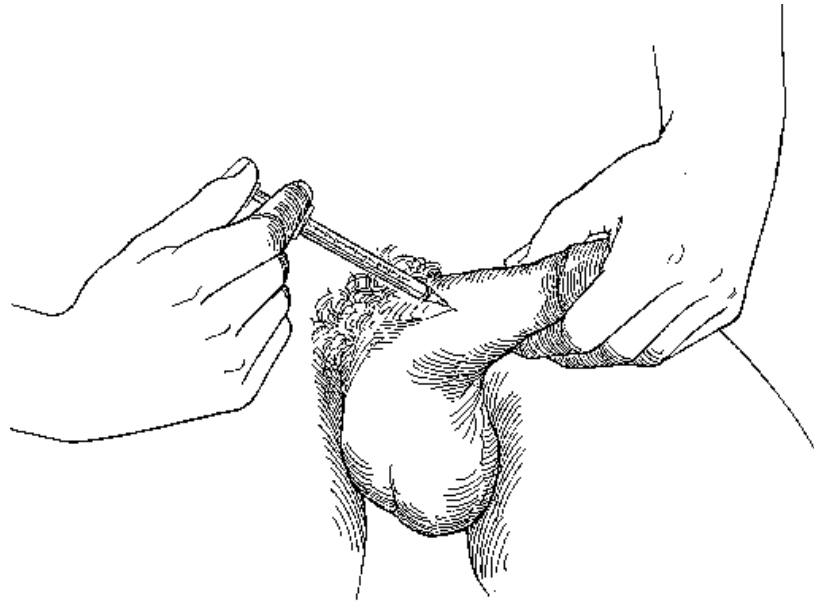


Figure 4: Proper injection technique. The penis is held on light traction.

Your prescription will have many refills on it. At most pharmacies, these expire after one year. Your family doctor can provide you with a prescription if required, which should read, “Trimix and supplies. Use as directed. Mitte 1 vial with 10 refills”.