

You're not alone. A lot of guys know ED.

Nearly
30 million
men have erectile
dysfunction (ED) in the
United States.

More than
50%
of men between the ages
of 40 and 70 experience
it to some degree¹.

The bottom line is this – you're not alone,
and you don't have to go it alone.

This guide focuses on a treatment option prescribed for
erectile dysfunction, *penile self-injection medications*,
also known as *intracavernosal injections*. If you have any
questions after reading this guide, bring them to your
doctor's attention.

Don't let ED be the boss of you.

It's natural to feel some anxiety about erectile
dysfunction. But ED is a medical condition that can
be treated – and treatment can result in significantly
improved quality of life² for both you and your partner.
Many men report that enhancing or even saving a
relationship, enjoying a satisfying sex life and regaining
confidence far outweigh any anxieties about pursuing
treatment – *it's well worth it*.

Common treatment options for ED include oral
medications, injections, vacuum-tube devices, and
penile prostheses. Talk about these options with your
health care provider and, together, determine the best
choice for you.

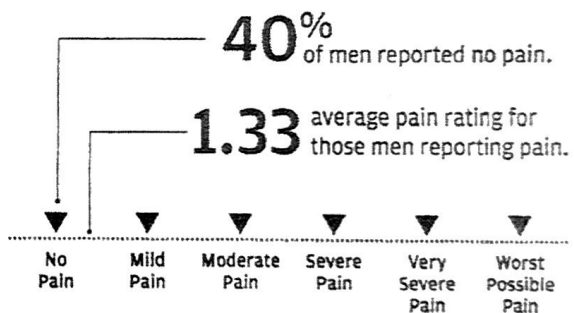
When pills don't work.

Penile self-injection medications are an option when
pills are ineffective. Success rates (i.e., obtaining an
erection) for these injection medications may vary;
however, according to one study, patients who have
undergone prostatectomies have reported success
rates as high as 85 percent to 95 percent³. In a second
study, it was reported that injectable therapy provides
a fairly natural-feeling erection⁴, which can mean more
satisfaction in your sexual relationships⁵.

Pain: What to expect.

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. In fact, 40 percent
of men in a recent study (Albaugh & Ferrans, 2009⁶)
rated the needle insertion pain at 0 (no pain) on a verbal
pain scale of 0-10. For men who reported any pain, the
average pain rating was only 1.33.

Verbal Pain Intensity Scale



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.

Introduce your partner to ED.

It's important for men dealing with ED to take their partners' feelings into consideration and keep them involved in the process, even asking them to attend doctors' appointments with you. In most cases, partners feel they not only *should* be involved but *need* to be involved - to learn more about the medication, how it works, where to inject, adverse effects and other issues.

When a man has a drug-induced erection, his partner may have feelings of resentment that he achieved it without the partner's involvement and might even consider the erectile process as unnatural. This can be overcome by encouraging the partner to participate. With injectable therapy, the partner can do anything from filling the syringe to actually giving the injection.

ED Answers (Frequently Asked Questions)

How do ED medications work?

While oral medications increase blood flow to the penis during sexual stimulation, penile injections use vasoactive medications (a pharmaceutical agent that has the effect of either increasing or decreasing blood pressure and/or heart rate) locally injected into the side of the penis to dilate the blood vessels of the penis causing penile engorgement⁷. Tri-Mix, an injectable medicine, has been shown in studies to work by relaxing the smooth muscle in the penis and opening the blood vessels causing an erection⁸.



One study has shown that penile self-injection medications cause an erection in 10 to 15 minutes that lasts up to one hour⁹; however, please note that it may take multiple visits to your health care provider to find the right dose for an erection firm enough to have sex¹⁰. Your health care provider will guide you through this process.

How, where and when do I self inject?

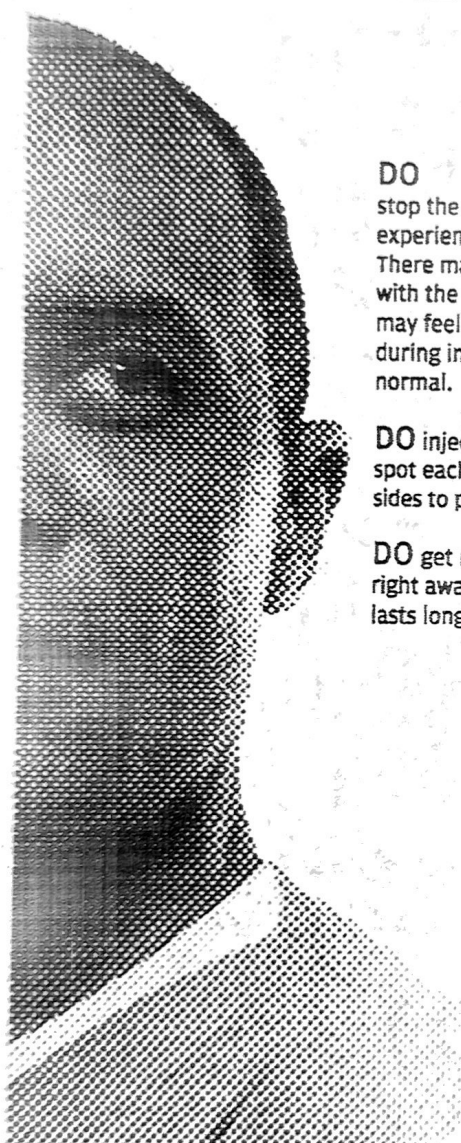
The James Cancer Hospital & Solove Research Institute, The Ohio State University Medical Center has published a report, "Treatment for Erectile Dysfunction (ED): Injection of Medicine" (Copyright 2006 - June 2, 2010) that offers guidelines for penile self-injection techniques. You may access this report via Wedgewood Pharmacy's website: WedgeWoodRx.com/wp/TALK-ABOUT-ED.

How often can I use the medication?

It is best to ask your doctor for guidance regarding how often you can use the medication; however, the James Cancer Hospital & Solove Research Institute recommends that you wait 24-48 hours between injections and limit use to three times a week¹¹.



DO'S & DON'TS



DO

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.

DO inject in a different spot each time, alternating sides to prevent scarring.

DO get medical attention right away if your erection lasts longer than four hours.

DO NOT

take oral PDE5 inhibitor medications (e.g., Viagra, Cialis, Levitra) the night before or morning of injection without consulting your physician.

DO NOT

give injections on the top or bottom of the penis to avoid nerves, arteries and the urethra (the tube your urine passes through). Only inject the medication on the side (10 o'clock or 2 o'clock) and from about the midpoint to the base of the outstretched penis. If you inject in the wrong area of your penis, call your doctor. Do not try to inject your medication again.

DO NOT

change the prescribed dose of the medication without first consulting with your health care provider.

Guidelines about giving these injections

You should **not** give injections on the top or bottom of the penis. Problems with the nerves, arteries or urethra (the tube your urine passes through) can occur if this is done. You will be shown the correct area for your injection. **If you inject into the wrong area of your penis, call your doctor. Do not try to inject your medicine again.**

Supplies

- Syringe
- Alcohol pads
- Bottle of medicine

Procedure

1. Clean off the table or counter before you put the supplies down.



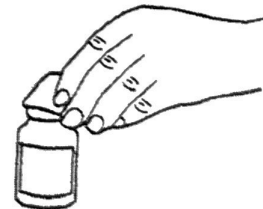
2. Wash your hands.



3. Remove the cap from the medicine bottle.



4. Wipe off the rubber top with an alcohol pad.

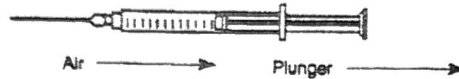


5. Use the type of syringe used for insulin.

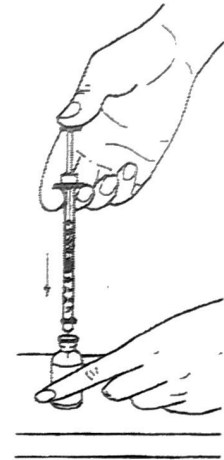
6. Remove the needle cap.



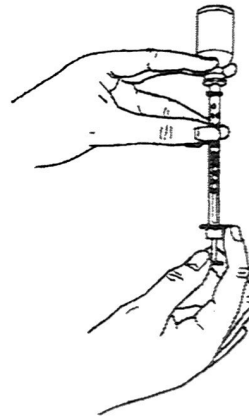
7. Fill the syringe with slightly more air than the amount of medicine needed by pulling down on the plunger.



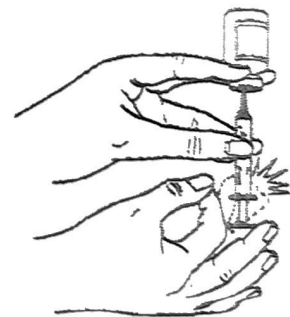
8. Stick the needle into the rubber top of the medicine bottle. Push the plunger down so all the air goes into the vial.



9. Pull back on the plunger to withdraw the medicine. Pull back slightly more of the medicine than needed. Keep the needle tip below the fluid level.



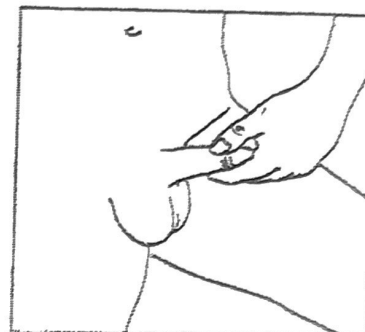
10. Check for air bubbles. Hold the syringe straight up and tap the barrel with your knuckle. Bubbles should go to the top of the syringe.



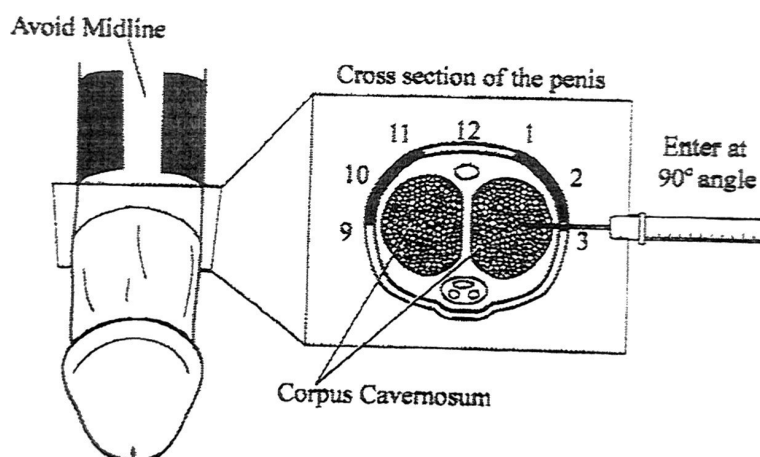
11. Push the plunger up so any air bubbles and extra medicine will be pushed back into the vial. The black line of the rubber piece on the plunger should be next to the number of the dose you are to use. Take the needle out of the vial.

12. Lay the syringe down. Be careful not to stick yourself.

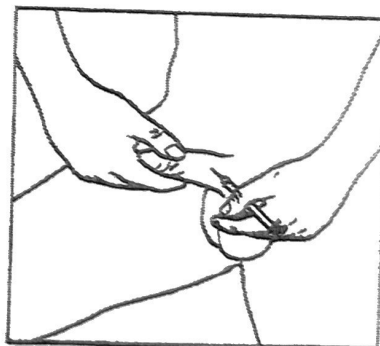
13. Grasp the head of the penis (not the skin) with your index finger and thumb. Pull firmly outward to the side against your leg. This will keep your penis tight.



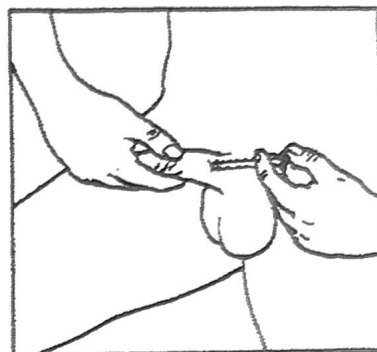
14. Hold the syringe with your index finger and thumb of the other hand. Hold the syringe at a 90 degree angle. The injection sites are at 3 o'clock or 9 o'clock on the side of the penis.



15. With a steady, continuous motion push the needle through the skin until the entire needle is in the penis. Once the needle is through the skin, a resistance will be felt.



16. Move your hand so your thumb can push in the plunger of the syringe. Push the plunger slowly to inject all of the medicine into the penis. Take the needle out of the penis.



17. When taking needle out of the penis, you may cover the site with your finger/hand and massage the medicine into the tissue for about 2 minutes.
18. You should have an erection in about 5 to 15 minutes.
19. Dispose of the needle as you have been instructed.

You should expect the erection to remain firm and rigid for up to one hour. Then it should gradually go away.

Side Effects

There can be some side effects from your injection.

- If the needle goes through a vein, a hematoma (swelling of the vein) can happen. If this happens, put pressure on the area with your hand.
- If the erection lasts longer than 1 hour, talk to your health care provider about your dosage.
- You need immediate medical attention if the erection continues firm & rigid for 2 to 4 hours. This condition is called priapism. Go to an emergency room for treatment without delay. Tissue damage can occur if this is not treated or lasts a long time.

Talk with your doctor or a member of your health care team if you have any problems or questions.