



1818 N Orange Grove Ave, Suite 101, Pomona, CA 91711 • 909.236.3333 • FHUrology.com

Penile Injection Therapy for Erectile Dysfunction

Pre-Visit Instructions for Patients

ABOUT THIS TREATMENT

Penile injection therapy treats erectile dysfunction when pills have not worked or cannot be used. A very small amount of medication is injected into the side of the penis with a tiny needle. The medication relaxes the blood vessels so blood flows in and an erection forms — usually within 5 to 15 minutes, whether or not you are aroused.

The medication may be **alprostadil** alone, or a compounded combination known as **Bimix or Trimix** (papaverine, phentolamine, and alprostadil).

YOUR FIRST VISIT — TEST DOSE

Your first visit is a **supervised test dose**. Your urologist gives the first injection in the office, starting with a low dose, to see how you respond. This is done in the office rather than at home because the right dose varies enormously between men, and too high a dose can cause a prolonged erection that needs emergency treatment.

You may need to return for one or more dose adjustments before settling on the right dose. Once your dose is established, you will be taught to inject yourself at home.

WHAT TO EXPECT AT THE VISIT

- Plan to be at the office for about **an hour to 90 minutes** — you will be observed until the erection subsides.
- Bring a driver if you would prefer not to drive afterward, though most men can drive.
- Wear comfortable clothing.
- Bring your full medication list, including anything for blood pressure or blood thinning.
- You will be asked to stay until the erection resolves, so bring something to read.

TELL US BEFORE YOUR TEST DOSE IF YOU

- Take **blood thinners** or have a bleeding disorder
- Have **sickle cell disease or trait**, leukemia, or multiple myeloma
- Have a **penile implant**
- Have had **priapism** (a prolonged erection) before
- Have Peyronie's disease or significant penile curvature
- Take medications for pulmonary hypertension, or nitrates of any kind
- Have significant heart disease or have been told sex is not safe for you

IMPORTANT SAFETY INFORMATION

The most serious risk is **priapism** — an erection lasting more than 4 hours. This is a **medical emergency**. Blood trapped in the penis loses oxygen and can permanently damage erectile tissue within hours. If an erection lasts more than 4 hours, you must seek emergency care. Do not wait and hope it resolves.

WHEN TO CALL THE OFFICE

Call 909.236.3333 before your visit if you develop an infection or sore on the penis, or if you have started a new blood thinner.

