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Penile Injection Therapy for Erectile Dysfunction

Self-Injection Instructions for Patients

YOUR PRESCRIBED DOSE

Medication: _____ Dose: _____ units / mL Syringe size: _____

Do not change this dose on your own. If it is not working well, call us for an adjustment appointment.

BEFORE YOU INJECT

- Wash your hands thoroughly.
- Take the medication out of the refrigerator if it is stored cold; let it warm briefly in your hand.
- Check the solution — it should be clear. **Do not use it if it is cloudy, discolored, or has particles.**
- Check the expiration date.
- Draw up **exactly** your prescribed dose. Tap out air bubbles.
- Clean the injection site with an alcohol swab and let it dry.

HOW TO INJECT

- Sit or stand comfortably. Hold the head of the penis and stretch it gently along your thigh.
- Inject into the **side of the shaft**, in the middle third — at roughly the 3 o'clock or 9 o'clock position.
- **Never inject into the top or the underside** of the penis. The underside contains the urethra; the top contains large blood vessels and nerves.
- **Avoid any visible veins.**
- Insert the needle straight in, perpendicular to the shaft, all the way to the hub of the short needle.
- Inject the medication slowly and steadily over about 10 seconds.
- Withdraw the needle and **press firmly on the site with a gauze pad or your thumb for 3 to 5 minutes.** This prevents bruising. Press longer if you take a blood thinner.
- Dispose of the needle in a proper sharps container — never in household trash.

RULES YOU MUST FOLLOW

- **Never inject more than once in 24 hours**, even if the first injection did not work.
- **No more than 3 injections per week.**
- **Alternate sides** each time — left, then right — and vary the spot along the shaft.
- Never increase the dose yourself.
- Never share medication or needles.
- Store the medication exactly as instructed — most compounded solutions require refrigeration.

WHAT IS NORMAL

- An erection developing within 5 to 15 minutes, lasting 30 minutes to about an hour

- Mild aching in the penis, particularly with alprostadil
- A small bruise at the injection site
- A firm erection that persists briefly after climax

PRIAPISM — THIS IS AN EMERGENCY

If your erection lasts more than 4 hours, you must get emergency treatment. Do not wait to see if it goes away.

While arranging care, these may help: apply an ice pack to the perineum, walk or climb stairs, and take a dose of pseudoephedrine (Sudafed) if you were told you may. **These are stopgaps, not treatment.**

Call 909.236.3333 immediately. **If you cannot reach us, go directly to the emergency room** and tell them you have priapism from penile injection therapy — this needs urgent treatment, not a waiting room.

Blood trapped in the penis loses oxygen. After several hours, permanent damage to erectile tissue begins, and erectile function may never recover.

ALSO CALL THE OFFICE IF YOU HAVE

- New curvature, lumps, or hard areas developing in the penis
- Increasing redness, warmth, swelling, or drainage at an injection site
- Fever over 101°F
- Bleeding that does not stop with 10 minutes of firm pressure
- Erections that are becoming less effective at your current dose
- Pain with injection that is worsening over time