

Erectile Dysfunction (ED) is the inability to achieve or to maintain an erection suitable for sexual intercourse. The treatment of impotence by penile injection of erection producing medication is a well recognised, simple yet effective form of treatment. A successful, complication free outcome from self injection is usually achieved by all patients and is highly dependent of the careful adherence to the following instructions.

SELF-INJECTION TECHNIQUE

1. Always wash your hands prior to starting the self injection procedure
2. Clean the vial's rubber cap with an alcohol swab.
3. Remove the single use syringe from the plastic envelope and remove the protective cap from the needle using a push-pull motion. Ensure that you do not touch the sterile needle.
4. Push the needle through the rubber cap of the vial and invert the bottle. (Fig 1) Inject any air in the syringe into the vial and pull back on the syringe plunger until the a volume of drug larger than your prescribed dose is drawn up - i.e. if your dose is 50 units, draw up to 70.
5. Some air is invariably drawn up into the syringe and must be expelled from the syringe. This is critical and can be achieved by simply injecting the small air bubble at the top of the syringe back into the vial until the correct dose is in the syringe.
6. Check the drug volume again and repeat Step 4 and 5 if necessary before removing the needle from the vial
7. If you are using a penile auto-injector, load the filled syringe according to the manufacturer's instruction
8. Perform the injection 5-10 minutes before planned intercourse. In uncircumcised men, the foreskin is pulled back to completely uncover the head of the penis. The head of the penis is firmly grasped between the thumb and forefingers and the penis is firmly stretched obliquely over the thigh towards the knee. (Fig.2).The injection site is anywhere along the shaft of the penis at either a 9-10 o'clock position on the right side or a 2 - 3 o'clock position on the left side, taking care to avoid any superficial veins. (Figs.2). Ensure that you do not rotate or twist the penis as you stretch it across your thigh as the underside or the topside of the penis may appear to be the side of the penis.



Figure 1. Drawing up the medication

YOUR PRESCRIBED DOSE IS UNITS

9. At the termination of the injection the needle is withdrawn and the injection site is compressed with the same alcohol swab for 1-2 minutes. Do not be concerned if the injection site bleeds following withdrawal of the needle - simply compress for a further 1-2 minutes until the bleeding stops.

10. The syringe, needles and swab are for single use and should be safely disposed after use.

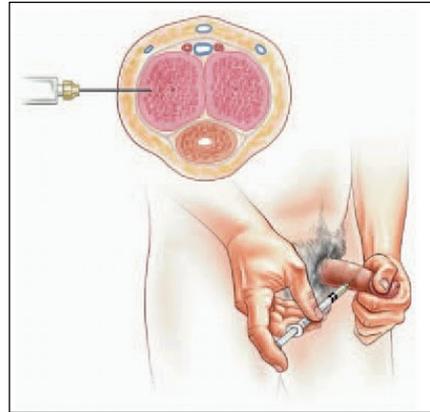


Figure 2. Penile injection with penis stretched over thigh

INJECTION DOSE ADJUSTMENT

1. The ideal injection response is an erection that is firm enough for satisfactory intercourse and **starts to soften within 15-20 minutes** of completing intercourse.
2. It is normal for the erection to slowly soften and take as long as **1-2 hours** before returning to the flaccid state.
3. If you fail to achieve **ANY** response to the injection, assume that you have injected incorrectly. The most common reason for this is rotation or twisting the penis as you stretch it across your thigh. If this occurs, the instruction brochure should be read again and the **SAME dose of medication** should be used with the correct technique at the next injection on a **different day - DO NOT INJECT MORE THAN ONCE EVERY 24 HOURS**
4. If your erection is not hard enough or does not last long enough, the dose is too low. The dose can be progressively increased by a further **2-10 units** with each new injection until you are satisfied with the response. If you fail to achieve a satisfactory erection despite dose increases, make an appointment to see Dr McMahon
5. On the other hand, if the erection fails to soften within 15-20 minutes and lasts for too long, the dose can be decreased by 5-10 units.
6. **DETERMINATION OF THE CORRECT DOSE MAY REQUIRE SEVERAL DOSE CHANGES AND PATIENTS SHOULD AVOID BECOMING FRUSTRATED DUE TO SLOW PROGRESS**

COMPLICATIONS

1. Bruising and swelling are usually minor and often suggest a failure to firmly compress the injection site for at least 1-2 minutes or poor/rushed injection technique. Revision of the injection technique is required.
2. A failure to follow these instructions may be associated with the uncommon complication of penile scarring and possible penile curvature or deformity.
3. The rare occurrence of a **prolonged erection or priapism** requires specific comment. The drug dose must be adjusted with small changes of 2-10 units each time, injections should not be used more than once each day and prolonged or excessively repeated intercourse should be avoided.

4. If a fully hard prolonged erection is still present 2 hours after the injection, take **2 Sudafed Nasal & Sinus Decongestant tablets** containing 60mg pseudoephedrine per tablet, **NOT** Sudafed PE (unless advise not to do so by Dr McMahon) which can be purchased without a prescription from the chemist. You will be asked to provide photo-identification and sign a medication register by the pharmacist.

PLEASE ENSURE YOU GET THE CORRECT FORM OF SUDAFED

5. If a fully hard prolonged erection is still present after a further 2 hours (i.e. after 4 hours), repeat the same dose of **Sudafed Nasal & Sinus Decongestant** and walk a distance of 1km. briskly.
6. If the situation is the same at **6 hours** after the injection contact Dr McMahon during surgery hours on (02) 9437 3906 or after hours on 0409 315 827. Please respect Dr McMahon's after-hours privacy by only contacting him in the unlikely event of a 6 hr erection.
7. If Dr McMahon cannot be contacted, immediately attend the **Accident & Emergency Department** of the closest public hospital.

THIS PROCEDURE MUST NEVER BE VARIED REGARDLESS OF THE TIME OF THE DAY OR NIGHT

STORAGE & TRAVELLING WITH YOUR MEDICATION

1. Your medication can be stored in the freezer.
2. If the medication is replaced immediately after use, the stability of the medication is **4-6 months**.
3. A pre-loaded syringe is stable out of the fridge for **4-6 weeks**
4. If you plan to travel for less than 6 weeks, pre-load several syringes, replace the cap and store in your checked luggage and leave the bottle at home in the refrigerator or freezer.
5. If you plan to travel for more than 6 weeks, store the medication in ice using a simple Tupperware type plastic container

AUTOMATIC INJECTING DEVICES

1. AUTOJECT 2 FOR FIXED NEEDLE – available from **POINT OF CARE DIAGNOSTICS – TEL 1800 640 075**
2. Use smaller yellow needle depth adjustor at setting “P”

FOLLOW UP APPOINTMENTS

1. A follow up appointment is required 4 - 6 weeks after commencement of your medication to evaluate the administration of your medication, frequency of use, injection technique, side effects, treatment response and product management.
2. You are required to see Dr McMahon **every 6 months for a check-up** to ensure that you have not developed the uncommon complication of penile scarring which may possibly result in penile curvature or deformity.
3. Additional medication can be ordered before the next 6 month check-up by email Dr McMahon (see below). **Medication will not be supplied if you have not seen Dr McMahon within the last 6 months**
4. All injection Medication is pre-paid. Please complete a credit card authorisation form to expedite ordering your medication between consultations

HOW TO ORDER MEDICATION BETWEEN VISITS

Medication is best ordered online at www.acsh.com.au or by email to chrismcmahon@gmail.com as follows ...

Subject: Injection Medication Order

Body of Email:

1. Your Name (as it appears on your Medicare Card)
2. Date of Birth
3. Name of your Injection medication product
4. Syringes Yes/No
5. Delivery address
6. Best contact number
7. Note that your credit card details are on file.

INJECTION MEDICATION DELIVERY

Your medication will be prescribed by Dr McMahon and courier delivered by Toll Priority direct from the manufacture to your nominated home or business address in a small Styrofoam ice packed box. Delivery is discrete, displaying standard delivery information only, such as, your name, contact number and the nominated delivery address.

Deliveries take 1-5 days depending on your location. Orders placed on Thursday or Friday will not be delivered until the following Tuesday. INVICORP injection delivery will take 2-3 weeks due to manufacturer stability testing.

The Centre can receive your delivery as a courtesy service. Please phone ahead to ensure your product has arrived. Collection times are Monday - Friday 8:30 am - 1215 pm and 1:30 pm - 4:30 pm.

Many patients nominate their local pharmacy for their delivery where access, privacy and security are concerns at their home or business address. This convenient option enables immediate refrigeration of you product on receipt and extended access hours for collection, beyond those offered at the centre.

If you have any specific questions about your use, effectiveness or change in response of this medication, please make an appointment to see Dr McMahon by calling the Centre reception on (02) 94373906.

PATIENT DETAILS

NAME: _____

DATE OF BIRTH: ____ / ____ / 19 ____

MEDICATION:

- ALPROSTADIL
 PAPAVERINE/PHEHTOLAMINE
 TRIPLE MIX
 TRIPLE MIX WITH 2% XYLOCAINE
 MEGA TRIPLE MIX
 MEGA TRIPLE MIX WITH 2% XYLOCAINE
 SUPER MEGA TRIPLE MIX
 SUPER MEGA TRIPLE MIX WITH 2% XYLOCAINE
 EXTRA SUPER MEGA TRIPLE MIX
 EXTRA SUPER MEGA TRIPLE MIX WITH 2% XYLOCAINE

NOTES:

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Instructions for Self-Administered Intrapeuile Injection Therapy



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