



## Trimix Penile Injection Instructions

Penile injection therapy is a simple procedure that may seem to the first time user to be offensive. Many patients thought they could not do the self-injection and later, after an educational session with the doctor or erectile dysfunction nurse, they are able to perform this simple procedure without difficulty. We ask you to have an open mind and only reject this therapy if after a few instructional sessions you are unable to tolerate or perform the procedure.

**GENERAL:** The penis has three structures that must be avoided. Fortunately, these are very easily avoided areas. The topside (12 o'clock position) of the penile shaft where the nerves and large blood vessels run and the bottom/under side (6 o'clock position) of the penile shaft where the urethra or urinating tube runs. You should also avoid the head of the penis. Injection should be at the mid shaft level on either lateral side (3 or 9 o'clock positions). If you notice a large vein just under the skin (bluish structure), please adjust the entry point to avoid it. You should enter at a 90-degree angle until you get a blood flush in the syringe. This indicates that you are in the correct area, the spongy erectile tissue of the corpora cavernosum.

**Step-wise Directions:** Steps 1-5 are if you have a reusable 5 or 10ml vial.

1. Wash your hands with soap and water.
2. Wash the top of the vial with an alcohol pad.
3. Remove the cap off the syringe, draw up some air equal to the volume you intend to inject and place the needle into the vial.
4. Inject the air in the plunger and withdraw the medication to the volume recommend by your physician. Take care to make sure the tip is in the medication solution; do not draw up air from the vial. It may help to tip over the vial during removal of the desired amount of medication.
5. Replace the cap on top of the syringe and prepare the injection site.
  
6. Wash your hands with soap and water. Only if you have not done steps 1-5.
7. Clean the injection site with an alcohol pad, allow it to dry.
8. Grasp the head of the penis (not just the skin) with your index finger and the thumb, pulling firmly outward and to the side against your leg. This tenses the penis. It is important that the tension is maintained and that the penis is not twisted or improper injection to the topside or underside of the penis may result.
9. Hold the syringe between your thumb and index finger with the opposite hand. Aim the syringe at the injection site (between 1 and 3 o'clock or between 9 and 11 o'clock position). Do not inject the topside or underside of the penile shaft and avoid the head. Avoid obvious veins in order to reduce the possibility of bleeding or hematoma formation (swelling of a bleeding blood vessel). If this does occurs finish the injection and apply direct pressure to the site for 5 minutes.
10. With a steady, continuous motion, penetrate the skin, advancing the entire needle into the injection site. Once through the skin, a resistance will be felt initially, but continue until the syringe is hubbed. You are now in the spongy tissue of the corpus cavernosa.
11. Shift the injecting hand so that the thumb can depress the syringe plunger. Inject the entire contents of the syringe in a slow, steady motion (in about 4-8 seconds). Withdraw the needle and syringe from the penis.
12. Immediately apply pressure with an alcohol pad or a sterile gauze pad to the injection site to avoid bleeding. If bleeding is present after stopping pressure, maintain the pressure longer until the bleeding stops.
13. Dispose of the needle and the syringe using a safe disposal procedure.

I have read the above instructions and understand the technique, the physician or the erectile dysfunction nurse has adequately instructed me multiple times in the office under direct supervision.

**Patient Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Witness:** \_\_\_\_\_ **Date:** \_\_\_\_\_