

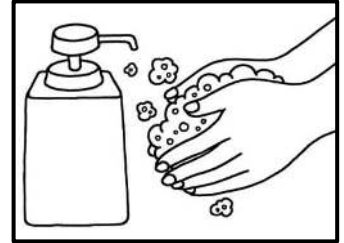


INSTRUCTIONS FOR PENILE SELF-INJECTIONS

Step 1: Gather Supplies

Wash your hands with soap and water and assemble the following items:

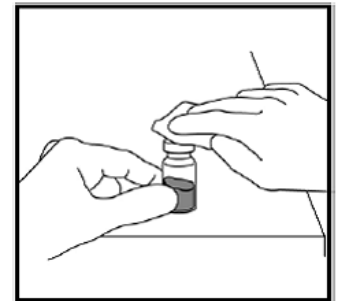
- 1 medication vial (Trimix, Bimix, etc.)
- 2 alcohol prep pads
- 1 syringe
- Sharps container (TIP: You can also use an empty detergent or bleach container or a metal coffee can with a lid)



Step 2: Prepare the Syringe

Use an alcohol pad to wipe the top of the vial (see image at **right**). This will kill any bacteria on the vial.

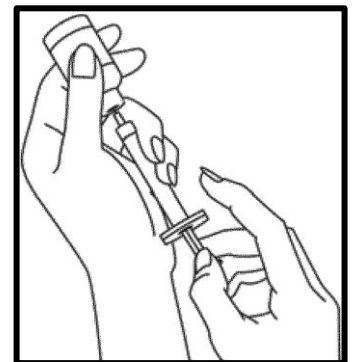
Take the syringe out of its package. Remove the cap from the needle. Be very careful not to let anything touch the needle. If anything touches the needle, throw the entire syringe away in the sharps container and use a new one.



Pull the plunger of the syringe back past the dose you were told to inject. Next, push the plunger back up until the top of the plunger (the thin black line closest to the needle) is at the dose you were told to inject.

Holding the vial upright and the syringe downward, insert the needle through the circle in the center of the rubber stopper. Push the plunger down to inject the air into the vial. You do this because the vial is pressurized. You must replace the amount of medication you remove from the vial with air.

Turn the vial and syringe upside down (see image at **right**). Slowly pull the plunger down past your prescribed dose. This will help remove any air bubbles. Slowly push the plunger back up to your prescribed dose. Check the amount of medication in the syringe to make sure it's the correct dose.



Tap the side of the syringe to release any air bubbles.

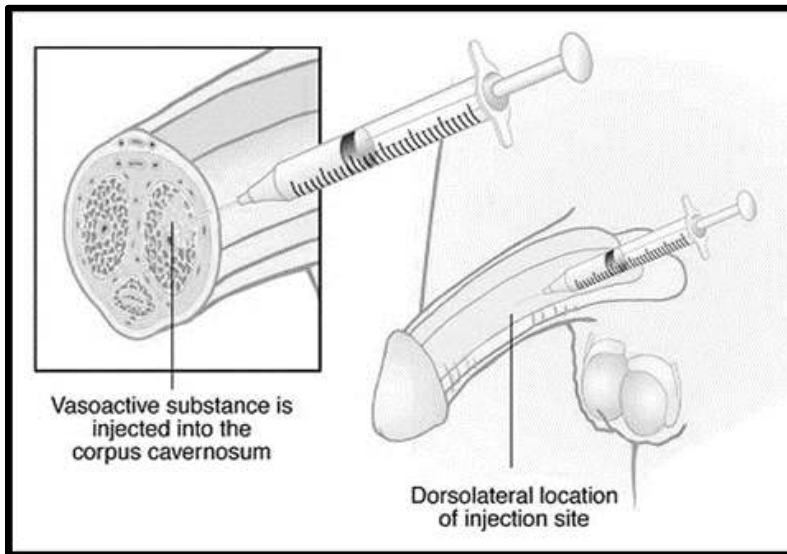
Carefully remove the needle from the vial.

Step 3: Prepare the Injection Site

You must inject the medication into a specific area of your penis. This is so you don't inject into a nerve or blood vessel.

Imagine that your penis is divided in 3 parts. You will give the injection in the **middle third** of your penis at the **10 o'clock (left side)** or the **2 o'clock (right side) position**. Don't inject straight down on the top or the bottom of your penis. Avoid visible veins.

Locate the area to be injected (the middle third of your penis). Wipe it with an alcohol wipe.



Step 4: Inject the Medication

Hold the syringe between your thumb, index and middle fingers like a pen or a dart. Don't place your index finger or thumb on the plunger.

Grasp the head of your penis and pull it straight out. Keep pulling on your penis from the time the needle goes into your penis until it comes out. Don't twist your penis, since this could lead to injecting the wrong area.

Touch the needle to your skin and quickly slide it into the shaft of your penis. Be sure to insert the **full length** of the needle. Quickly push down on the plunger to inject the medication into the shaft of your penis. Be careful not to pull the syringe out as you're injecting the medication.

Once you have injected all of the medication, quickly pull the needle straight out of your penis.

Step 5: Apply Pressure to Injection Site

Apply pressure at the injection site for 2 to 3 minutes with your thumb on the injection site and your index finger on the opposite side of your penis. This will help to decrease any bleeding or bruising.

Step 6: Dispose of Needle

Place the syringe in the sharps container for safe disposal.

Additional Tips and Precautions

1. Don't take more medication than the dose prescribed.
2. Don't change the dose without speaking to your prescriber.
3. Wait at least 48 hours between injections.
4. Don't take any other medication for ED without speaking to your prescriber.
5. If you experience an erection that lasts more than **2 hours**, take 4 (30 mg) tablets of pseudoephedrine HCl (Sudafed®). Don't take extended-release or long-acting tablets, such as Sudafed 12 hour.
6. If you experience an erection that lasts longer than **4 hours**, this is a medical emergency. You should seek **immediate** medical assistance. Erections lasting longer than 4 hours can cause permanent damage to your erection tissue.

If you have any questions about the self-injection process, please call WeCare Pharmacy at (540) 428-7002.