

PENILE INJECTIONS

This treatment sounds very painful but almost all men who use this method of helping to produce an erection report only minimal discomfort. I strongly encourage you not to let the thought of a needle and the injection stop you from using this treatment method complain that pain is a problem.

A small amount of medication is injected by a very tiny needle into the side of the penis. As you probably know, an erection occurs because the penis fills with blood and it becomes distended. This medication helps to increase the blood flow to the penis. Each time you desire an erection, an injection is required. It creates a very natural looking and feeling erection.

This method of improving erections has been popular for over ten years. It has been my observation that this method of creating an erection has very few complications. The main complication is that the erection may not go down in the appropriate amount of time (this occurs in less than 5% of the cases). If this problem is going to occur, it usually happens the first or second time of use. Each person reacts a little differently to the medication. Therefore, I usually prescribe only about ½ of the normal amount of medication the first time you use it to see how you react. If you would happen to have an erection that lasts more than 4-6 hours, you would need to seek medical attention to get an antidote. Another complication that may occur after prolonged use (over years) is the development of scar tissue in the penis. (Again, this is a relatively uncommon problem.)

There are currently three kinds of medication available. They are Papaverine, Regitine and Caverject. All of these medications work the same way by increasing the blood flow to the penis.

Papaverine and Regitine have been around for over ten years and I have been very satisfied with its effectiveness. They have not been approved by the FDA at this time. Caverject has just come on the market recently and has been approved by the FDA. It is very expensive and, as I see it, has no major advantage other than being approved by the FDA.

A combination of all three medications is now available by special compounding. It is called TriMix. I have been very impressed by its effectiveness, minimal complications and its relative low cost. It is very easy to learn to give yourself an injection in a short period of time. At the next office visit, if you are interested, I will demonstrate to you and give you your first injection. Please make a morning appointment for the first injection.

Enclosed in the information are diagrams and instructions about the injections and how to give them. At your next visit I would like for you to bring back both the instruction sheet and the consent form.

In summary, I think penile injection therapy for the treatment of impotence has been one of the major advances in medicine in the last 10 years. In my practice, I have over 250 men using penile injection therapy. The majorities have been well satisfied and the complications have been minimal. They report the erections are very natural and that giving the injections to themselves is fairly easy, causing almost no discomfort.

TRIMIX INSTRUCTIONS

(PAPAVERINE/REGITINE/PROSTAGLANDIN E-1)

1. Wait 3 days between injections.
2. Do not inject more than 6 times a month.
3. Keep mixture refrigerated, as effectiveness will decrease if left at higher temperatures.
4. Your initial dose is ____cc. Wait 3 days before increasing dosage. Increase by 0.05 cc until a satisfactory dose is reached. The maximum dose is 0.50 cc. Do not be discouraged by a poor result with the first few injections, as the initial dose has been kept low to avoid a prolonged and painful erection (priapism).
5. Return to the office in 1 month for an interval evaluation and bring this worksheet. This is to be sure that you are not experiencing any difficulty and to check for scarring at the injection sites.
6. If you have any questions regarding the above instructions, please do not hesitate to call.
7. If your erection lasts longer than 1½ hours, you may take Sudafed, 60 mg orally (available without a prescription), apply an ice pack, and wait another hour. If the erection is still persistent, call IMMEDIATELY (713-798-4001). You will be instructed to go to an Emergency Room (if after hours), or to the Scott Department of Urology.

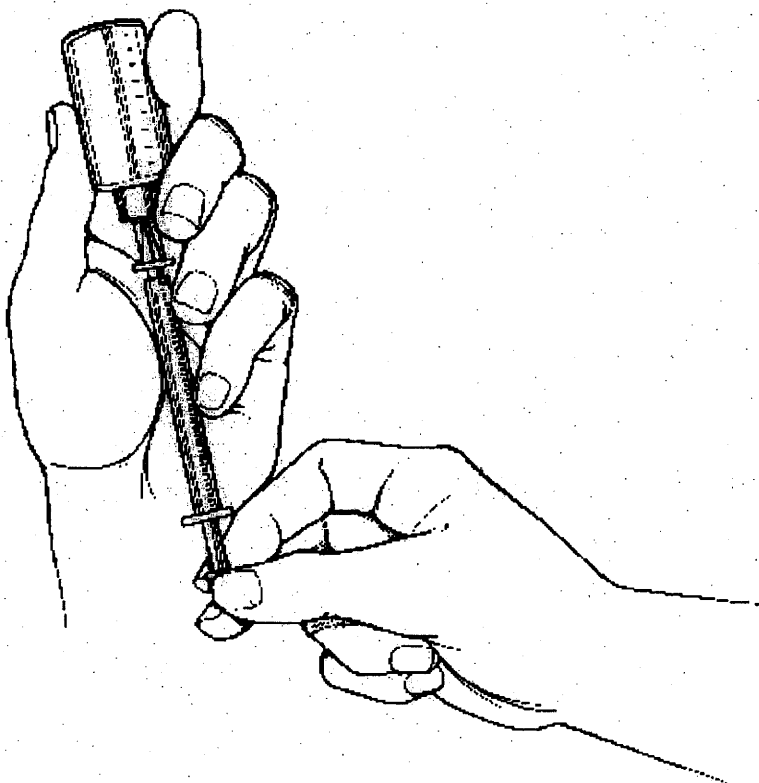
DETAILED PROCEDURE

1. GETTING SET UP

- a. Proper hygiene is important. Wash your hands and keep the penis clean.
- b. Assemble the following:
 - Bottle of Trimix
 - Alcohol pad
 - Syringe
- c. Keep the Trimix cold by returning the bottle to the refrigerator, or by placing the bottle in a cup of ice.

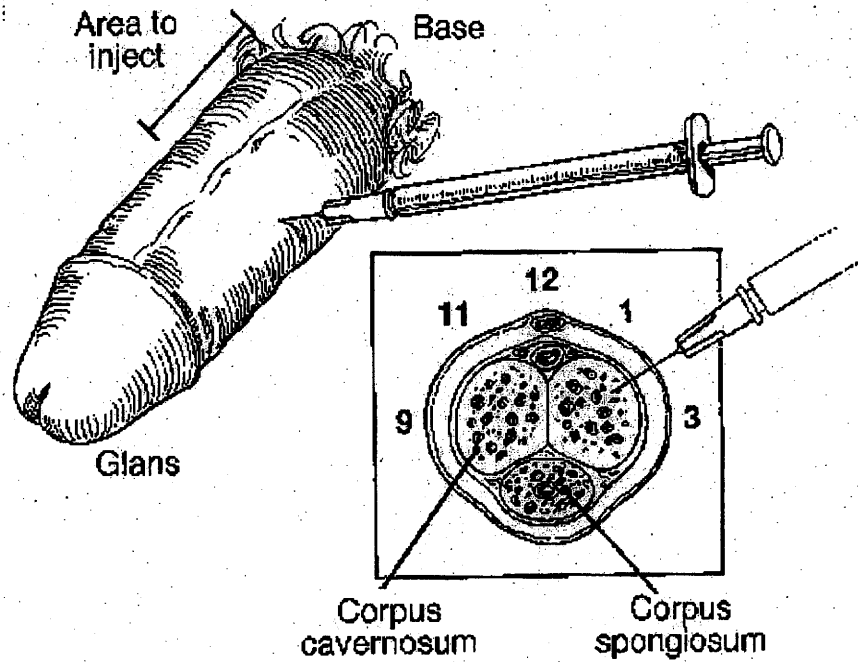
STEP 2: PREPARE THE SYRINGE

- a. Wipe the rubber top of the vial with an alcohol pad.
- b. After removing the cap of the needle, pull the plunger back to the desired dosage, filling this volume with air. Use a new needle and syringe each time.
- c. Insert the needle through the rubber top and inject the air into the vial.
- d. Turn the vial with needle and syringe inserted upside down. Pull back on the syringe plunger in a slow and steady motion until the desired dosage is achieved.
- e. Tap the side of the syringe (1cc tuberculin syringe with a 29 gauge needle) to allow any air bubbles to float towards the needle. Avoid having these air bubbles in the syringe when self-injecting by first injecting out the collected bubbles that may form.
- f. Remove the needle from the bottle and replace the protective cap on the needle.



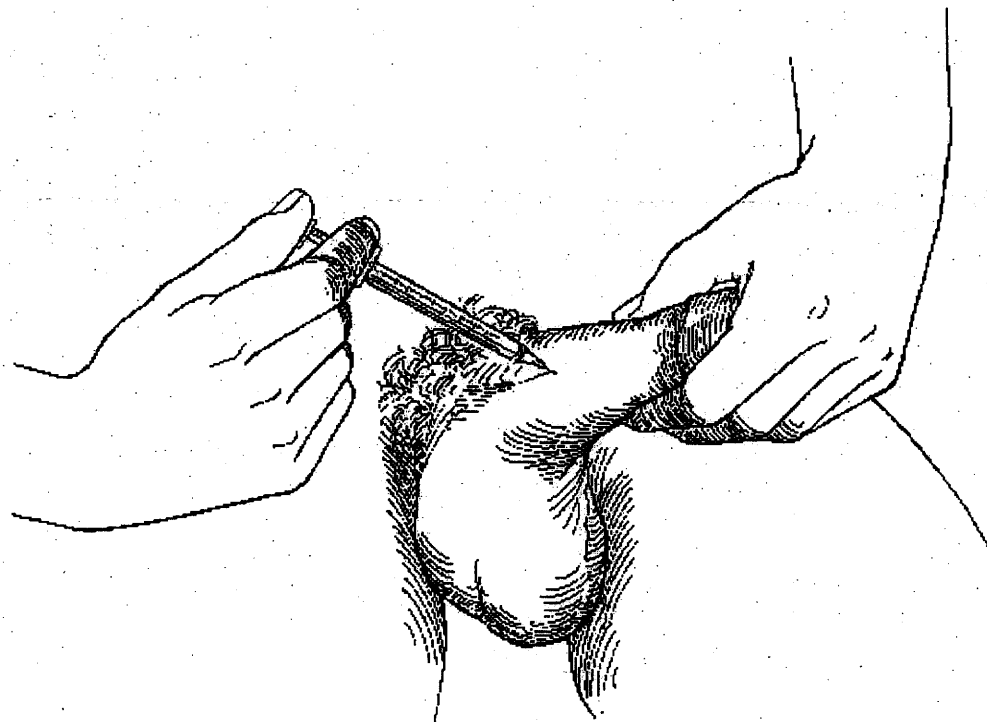
STEP 3: SELECT AND PREPARE THE SITE FOR INJECTION

a. The proper location for injection is at the **9-11 and 1-3 o'clock** positions, between the **base and mid-portion** of the penis. (see diagram) **Avoid** the midline because of potential for injury to the urethra (6 o'clock; for urinary passage) and the penile arteries and nerves (near 12 o'clock). **Avoid** any visible veins or arteries on the surface.



b. Grasp and pull the head of the penis toward the side of your leg with the index finger and thumb (use the left hand, if right handed). While maintaining light tension, select a site for injection.

c. Clean the site with an alcohol pad.



STEP 4: INJECT TRIMIX AND APPLY COMPRESSION

- a. With a steady and continuous motion, penetrate the skin with the needle at a **90° angle**. The needle should then be advanced to the hub. Slight resistance is encountered as the needle passes into the proper position within the erectile tissue (corporeal body).
- b. Inject the Trimix over approximately 4 seconds. Withdraw the needle from the penis and apply compression to the injection site for approximately 1 minute. Several minutes of compression may be required to avoid bleeding, especially if you are an aspirin user.
- c. Replace the cap on the needle and dispose of properly.