

# Treatment for Erectile Dysfunction (ED) Penile Injection Therapy

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**Erectile Dysfunction**, also called **ED**, is when a man has trouble getting or keeping an erection. There are surgical and non-surgical treatments for ED. You, your partner, and your doctor have decided to try a non-surgical method. This method uses a mixture of medicines to help you have an erection. The injection has 3 types of medicine: Papaverine, Phentolamine and Prostaglandin E-1.

You will be taught how to inject the medicine into your penis. You should have an erection in 5 to 15 minutes after injecting the medicine. The erection should stay firm and rigid for up to 60 to 90 minutes, then should gradually go away. You can do the injections at least 48 hours apart, up to three times a week.

## Post Radical Pelvic Surgery ED Rehabilitation Program:

If you are in this program after your surgery, you should do the injections at least 2 times a week. This is done to exercise the muscle within the penis and help the rehabilitation process.

**The medicine used for the injections should be kept refrigerated or in the freezer at all times.** The medicine may lose its strength after 1 to 2 months in the refrigerator or 4 to 5 months in the freezer. Make sure to place an order for your medicine in a timely manner. We have the ability to increase or decrease your dosage of medicine based upon the result it gives you and your partner. Your doctor will talk with you about how to use your medicine.

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**This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.**

## How to Give the Injections

**Do not give the injections on the top or bottom of the penis.** This can cause problems with the nerves, arteries or urethra (the tube your urine passes through). You will be shown the correct way to give your injections.

**If you inject into the wrong area of your penis, call your doctor. Do not try to inject the medicine again.**

### Supplies

- Syringe (1ml insulin-type syringe with ½ inch, 29 gauge needle)
- Alcohol pads
- Bottle of medicine

### Preparing the Injection

1. Prepare a clean work area to put your supplies.

2. Wash your hands well with soap and warm water.



3. Remove the cap from the medicine bottle.



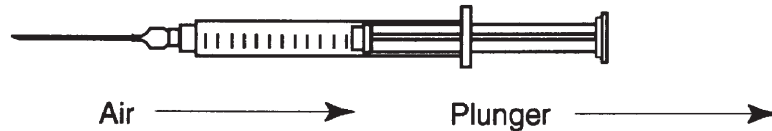
4. Wipe off the rubber top with an alcohol pad.



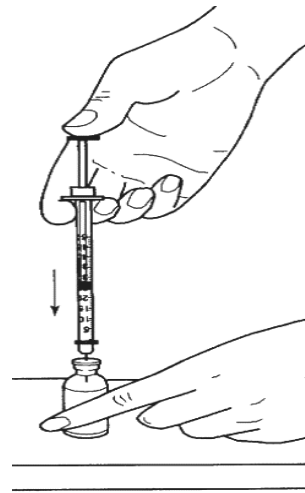
5. Remove the cap from the needle.



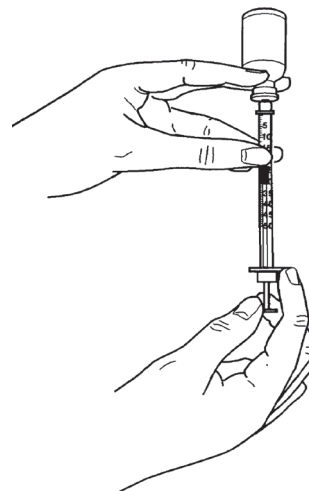
6. Pull the plunger back on the syringe to fill it with air. Fill the syringe with slightly more air than the amount of medicine you will take out of the bottle.



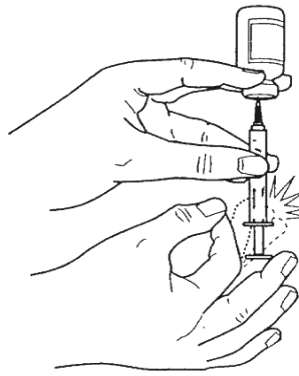
7. Stick the needle into the rubber top of the medicine bottle. Do not bend the needle. Push the plunger down so all the air goes into the bottle.



8. Turn the bottle upside down with the needle still in the bottle. Pull the plunger back to withdraw the medicine. Pull back slightly more of the medicine than needed (about 0.05 to 0.10 ml). Keep the needle tip below the fluid level.



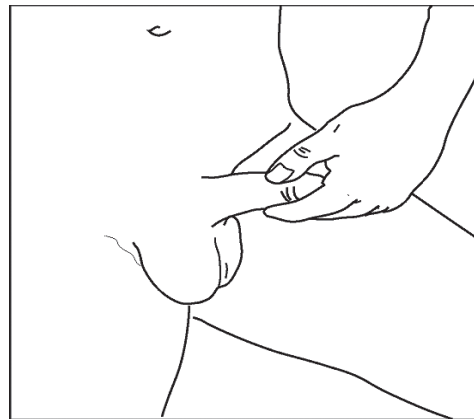
9. Check for air bubbles. Hold the syringe and bottle straight up and tap the barrel of the syringe with your knuckle. Bubbles should go to the top of the syringe.



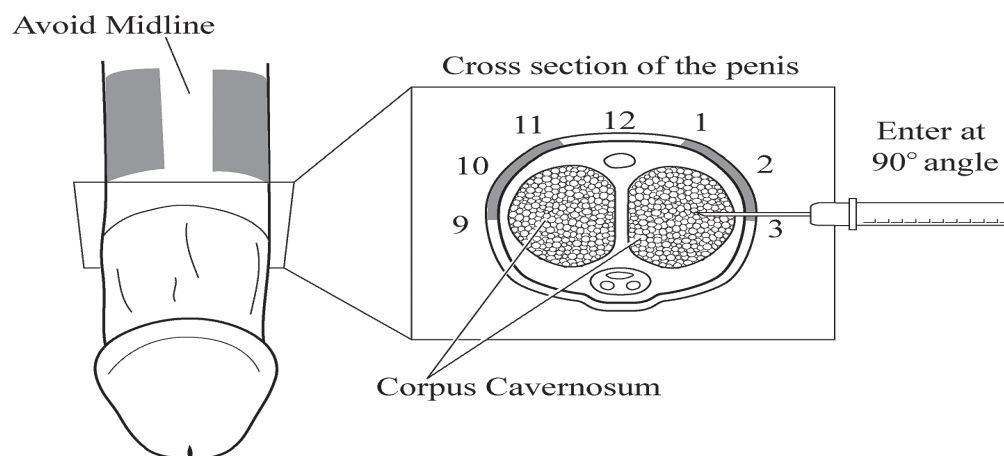
10. Push the plunger up so air bubbles and any extra medicine goes back into the bottle. The black rubber tip (top) of the plunger should line up with the amount of medicine you need to take. Take the needle out of the bottle.
11. Lay the syringe down. Be careful not to stick yourself.

## Giving the Injection

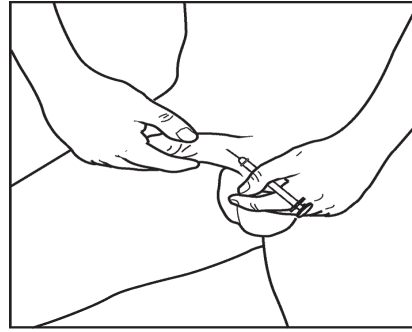
1. Grasp the head of the penis (not the skin) with your index finger and thumb. Pull firmly outward to the side against your leg. This will keep your penis tight.



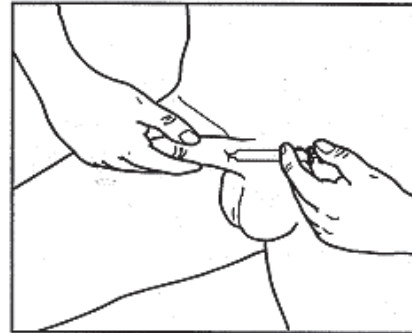
2. Hold the syringe with your index finger and thumb of the other hand (like holding a pen or dart). Hold the syringe at a 90 degree angle to the skin. The injection sites are between 1-3 o'clock or between 9-11 o'clock on the side of the penis.



3. With a steady motion push the needle through the skin until the entire needle is in the penis. Once the needle is through the skin, a resistance will be felt.



4. Move your hand so your thumb can push in the plunger on the syringe. Push the plunger slowly to inject the medicine into your penis. Take the needle out of the penis.



5. After taking the needle out of your penis, cover the site with your entire hand and massage the medicine into the tissue for about 2 to 3 minutes.
6. You should have an erection in about 5 to 15 minutes.
7. Throw away the syringe and needle as you have been instructed.

## Side Effects

There can be some side effects from the injection.

- If the needle goes through a vein, a hematoma (swelling of the vein) can happen. If this happens, put pressure on the area with your hand.
- If the erection lasts **up to 2 hours**, talk to your doctor about the amount of medicine you are using.
- If you have an erection that lasts 2 hours, take four 30 mg tablets of Sudafed. If you have an erection that lasts 3 hours (you still have an erection 1 hour after taking the Sudafed), call your doctor or nurse.
- If you have an erection that lasts 4 hours and you have not talked with your doctor or nurse, then you need to go to the **Emergency Department** for **immediate medical attention**. This condition is called “priapism”. Tissue damage can happen if this condition lasts a long time and is not treated.