

## Patient Instruction Sheet for Penile Injections for Erections

### Introduction

Penile injections are a treatment for erectile dysfunction (ED) that involves injecting medication directly into the penis. This treatment helps achieve and maintain an erection by enhancing blood flow to the penis. Common medications used include alprostadil, papaverine, and phentolamine.

### Components

1. **Medication:** Pre-filled syringe or vials.
2. **Syringes and Needles:** Typically a small, fine needle (29-30 gauge).
3. **Alcohol Swabs:** For disinfecting the injection site.
4. **Sharps Container:** For safe disposal of used needles and syringes.

### Step-by-Step Instructions

1. **Preparation:**
  - Wash your hands thoroughly with soap and water.
  - Gather all necessary supplies: medication, syringe, needle, alcohol swabs, and sharps container.
  - Ensure you are in a comfortable, well-lit area.
2. **Drawing the Medication (if not pre-filled):**
  - Clean the vial's rubber stopper with an alcohol swab.
  - Attach the needle to the syringe.
  - Pull back the syringe plunger to draw air equal to the prescribed medication dose.
  - Insert the needle into the vial and inject the air.
  - Turn the vial upside down and draw the prescribed dose of medication into the syringe.
  - Remove any air bubbles by gently tapping the syringe and pushing the air out through the needle.
3. **Injecting the Medication:**
  - Choose an injection site on the side of the penis, avoiding the top, bottom, and head of the penis. Alternate sides with each injection.
  - Clean the injection site with an alcohol swab.
  - Hold the penis along the shaft and stretch it slightly.
  - Insert the needle at a 90-degree angle into the chosen site.
  - Push the plunger slowly to inject the medication.
  - Remove the needle and apply pressure to the injection site with an alcohol swab to minimize bleeding.
4. **After the Injection:**

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- Gently massage the penis to help distribute the medication.
- Dispose of the used needle and syringe in the sharps container.
- Wash your hands again.

### **Safety Tips**

- Follow your healthcare provider's instructions regarding the dosage and frequency of injections.
- Do not inject more than the recommended dose.
- Rotate injection sites to prevent tissue damage.
- Never reuse needles or syringes.
- Do not inject if you have an active infection or broken skin at the injection site.

### **Troubleshooting**

- **If an Erection Lasts Longer Than 4 Hours:**  
Seek **immediate medical attention** to avoid permanent damage (a condition known as priapism).
- **If You Experience Pain or Discomfort:**  
Consult your healthcare provider if you experience significant pain, bruising, or swelling.

### **Frequently Asked Questions**

1. **How quickly will the medication work?**  
Most medications work within 5 to 20 minutes.
2. **How long will the erection last?**  
Typically, the erection lasts **30 to 60 minutes** but can vary.
3. **Can I use injections with other ED treatments?**  
Consult your healthcare provider before combining treatments.

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