



St. Vincent's Clinic

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Patient information sheet- penile injection therapy

Effective in more than 90% of patients and especially important for men who have found oral medication ineffective.

Prostaglandin –PGE 1 is the drug of choice as it is a natural body constituent, effective in initiating an erection and less likely to produce unwanted side effects.

Before commencing this treatment patients on anti coagulants ie: Aspirin or Warfarin etc should inform their doctor.

Blood disorders or a prior history of a sustained erection should also be mentioned.

Penile injection maybe performed up to 3 times per week but not more than once in any single day

The lowest effective dose is recommended.

This is ascertained by starting with a low dose initially and titrating up to reach optimum results.

All medications have some side effects.

Priapism (erection lasting more than 2 hours) is the most troublesome and occurs in 0.5% -1% of patients.

With prolonged use of this injection therapy some penile fibrosis/scarring has been reported but this is rare.

A small amount of discomfort at the time of injection and minor bruising under the skin of the penis at the site of injection may occur but this will disappear by itself over the next few days

This penile injection therapy is well tried and tested and thousands of patients worldwide are using this technique without problems.



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What to do if you have a prolonged erection – Priapism

Your erection may last anything from 5 minutes to 2 hours.

If it lasts longer you should follow these instructions:

Take 2 Sudafed tablets

These will be given to you by your doctor

Having a cool shower and going for a walk may help.

If your erection lasts more than 4 hours or becomes painful you should go to your nearest hospital casualty where they will give you an antidote to bring the erection down.



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Injection technique

- ❖ Wash your hands.
- ❖ Prepare the syringe just before use ideally, but can be stored reconstituted for up to 24 hours.
- ❖ Dissolve the powder with the supplied diluent as shown to you by your doctor/nurse
- ❖ Draw up into the syringe more of the solution than you will require .
- ❖ With the needle pointing upwards expel any air and excess solution.
- ❖ **YOU MUST ENSURE THAT THE DOSE IN THE SYRINGE IS CORRECT.
NEVER EXCEED THE DOSE ADVISED BY YOUR DOCTOR.**
- ❖ The prepared solution is injected into either side of the penis, alternate the injection site each time if possible.
- ❖ Do NOT inject into the undersurface of the penis.
- ❖ Perform the self-injection procedure whilst sitting or standing.
- ❖ The site should be at the base of the penis on the right or left side, in either 10 o'clock or 2 o'clock position avoiding visible veins.
- ❖ Hold the penis with your thumb and forefinger and stretch against your thigh.
- ❖ Clean the injection site with an alcohol swab.
- ❖ Pick up the syringe and insert the needle fully with a steady continuous motion and inject the dose by pushing the plunger into the barrel of the syringe.
- ❖ Withdraw the needle and apply pressure to the injection site for about 5 minutes.
- ❖ Safely dispose of the used syringe as instructed.