



GUIDE FOR PENILE INJECTIONS



Centre intégré
universitaire de santé
et de services sociaux
du Centre-Ouest-
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Do not delay obtaining advice from a healthcare professional, disregard the advice of a healthcare professional or deviate from the treatment prescribed by a healthcare professional. For any questions pertaining to the information provided in this document, please consult a healthcare professional.

If you are feeling unwell or in case of emergency, please consult a doctor or another healthcare professional or present yourself to the nearest emergency room immediately.

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What is a penile injection?

A penile injection is a medical treatment that can help you have an erection. It is one of the most effective treatments for erectile dysfunction (ED).

The idea of penile injections may make you feel uncomfortable at first. Please speak with us about your concerns. We are here to help. Share your feelings with your partner. With practice, the treatments will become easier.

How does it work?

Medicine is injected into the side of your penis. This allows more blood flow into the penis and produces an erection. Your orgasms and ejaculations will not change with this treatment.

Your nurse will explain:

- What supplies you will need
- How to prepare the medicine
- What dose to use
- Where and how to inject the medicine
- Possible side effects
- When to contact a healthcare professional

IMPORTANT

Read through these instructions before you start the treatment.
Always use the correct dose and follow your doctor's instructions.

Ask them if you have any questions!

The doctor is there to help you.



What supplies will you need?



1. Medicine (in a vial)
2. Alcohol swabs
3. Cotton balls
4. Syringe with needle
5. Container for used needles

Since the medicine is only available at some pharmacies, we will tell you where you can buy the medicine. The pharmacy will give you all the supplies that you need.

How to store your medicine?

Always keep your medicine in the fridge. Do not put it in the freezer. If stored at the wrong temperature (too hot or too cold/frozen), the treatment may not work properly.

How long will the medicine last in the fridge?

Your medicine is good for 4 to 6 weeks when properly stored.

TIP

Keep 1 or more syringes in the fridge. Fill them with medicine so that they are ready when you need them. Before using the syringe, check that it has the right amount of medicine.

How to prepare the medicine?

Gather the necessary supplies

- Medicine (in a vial)
- Alcohol swabs
- Cotton balls
- Syringe with needle
- Container for used needles

IMPORTANT

1. Always use a new syringe with needle.
2. If the needle touches anything by mistake, it is no longer clean. Throw the syringe with needle away in the container for used needles, even if there is medicine in it.
3. Start over with a new syringe with needle.

Check your medicine

1. Prepare a clean area.
2. Get your medicine from the fridge and **inspect the vial of medicine**
 - Is it the right medicine?
 - Is the liquid clear?
 - Is it not expired?
3. **Know what dose to use**
 - Your starting dosage is  : _____
 - **Your dose may change over time. Remember what dose to use.**



4. **Wash your hands** with soap and water for at least 20 seconds.



5. Remove the protective seal from the new vial.



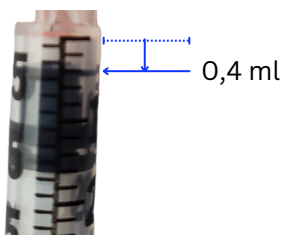
6. Rub the top of the rubber stopper with an alcohol swab.

Fill the syringe with medicine

*Before filling the syringe with medicine, you must fill the syringe with air.



1. **Take the syringe out of the wrapper** and take off the cap. Now that the needle is exposed, be careful not to let it touch anything.



2. **Pull back the plunger.** This will draw air into the syringe. Stop when you reach your prescribed dose of medicine. (For example, if your dose is 0.4 mL, pull back the plunger to the 0.4 mL line).



3. **Stick the needle through the middle of the rubber stopper** of the medicine vial.



4. **Push the plunger** all the way in to let air into the vial.

Fill the syringe with medicine



1. Hold the syringe and the vial using both hands. Turn the vial upside down.
2. Pull back the plunger to your prescribed dose. Medicine will fill up the syringe.
3. Check the syringe for air bubbles. If there are bubbles, push the liquid back into the vial and withdraw the medicine again (pull back the plunger to your dose).
** Repeat this step until there are no more air bubbles. **
4. Take the needle out of the vial.
5. Gently cover the needle with the cap.

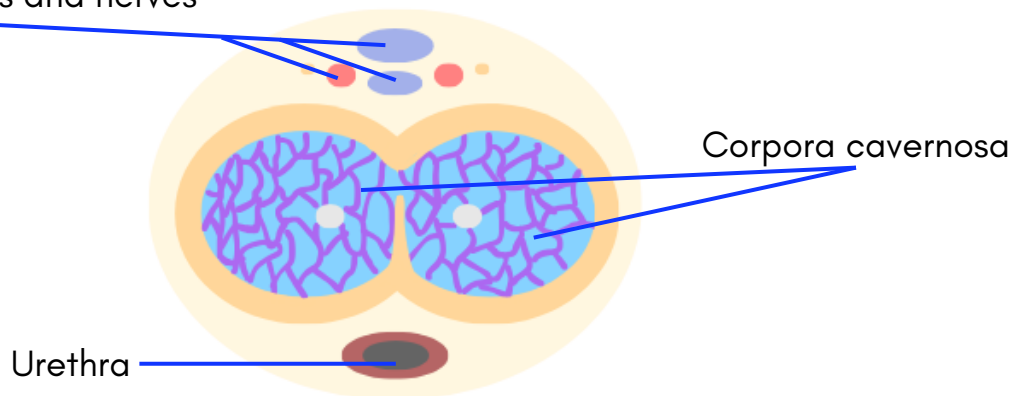
Your medicine is ready! If you are not planning to use it now, cover the needle properly and you can store it in the fridge.



Where to inject?

To help you understand where to inject, we will explain the parts of the penis. The penis is made up of several important parts:

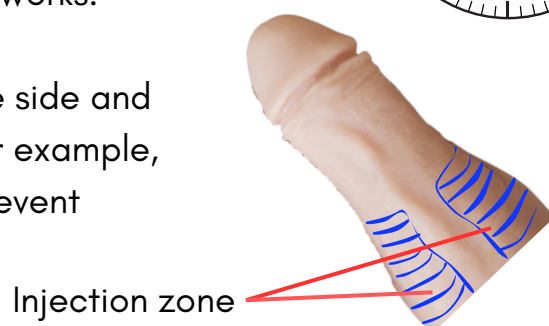
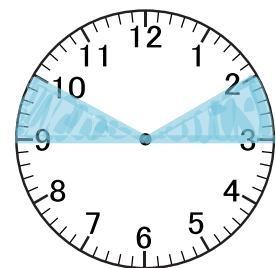
Blood vessels and nerves



- The **urethra** is a tube inside the penis which transports urine and semen from the body.
- The **nerves** of the penis send signals to the brain to fill the blood vessels in the corpora cavernosa.
- The **blood vessels** in the penis deliver blood to the corpora cavernosa.
- The **corpora cavernosa** are columns of spongy tissue filled with blood vessels. There is one on each side of the penis. When blood fills this tissue, it causes an erection.

You will be injecting the medicine into the side of your penis (into one of the two corpora cavernosa). It is important to inject it in the correct place so that the treatment works.

Note: It is important to alternate the side and location where you are injecting (for example, left side, right side). This will help prevent scarring.



Where and how to inject the medicine?

Steps :

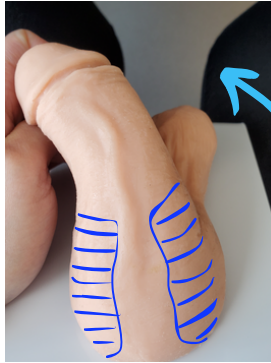
1. Find a comfortable and clean area to inject the treatment.

2.



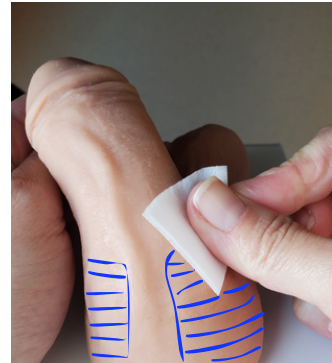
If you are not circumcised, pull back your foreskin.

3.



Hold the head of your penis with your hand. Stretch your penis to the side so that it lies on your thigh (left or right side.)

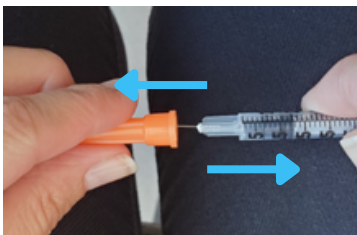
4.



Disinfect (clean) the injection site with an alcohol swab. Rub the alcohol in a circular motion. You should clean an area about the size of a loonie.

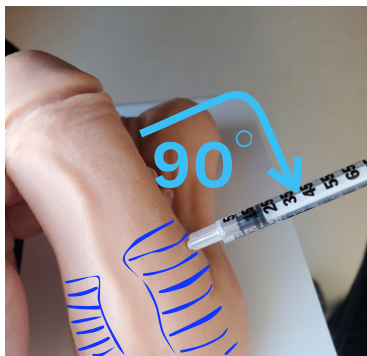
5. Let go of your penis.

6.



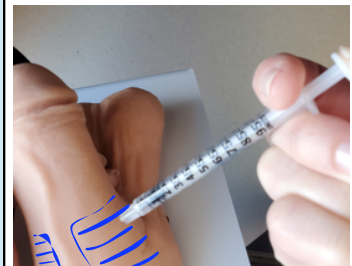
Pick up the syringe and remove the cap from the needle.

7.



Place your penis as shown above. Hold the syringe like a pen and insert the needle into your penis at a 90° angle.

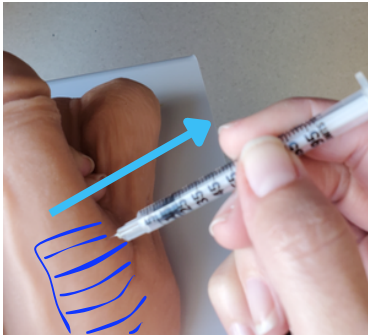
8.



Press on the plunger with your finger and **slowly** inject the medicine.

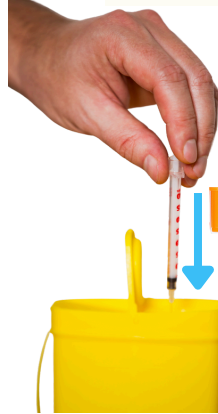
Images with the model are the property of Mrs Mélanie Zwetkwo

9.



Remove the needle from your penis. Pull it straight out. Do not twist it.

10.



Throw the cap and the syringe with needle into your container for used needles. Do not put the cap back on.

11.



Use a cotton ball to press where you injected. Keep in on for 5 minutes to prevent bruising.

Images with the model are the property of Mrs Mélanie Zwetkwo

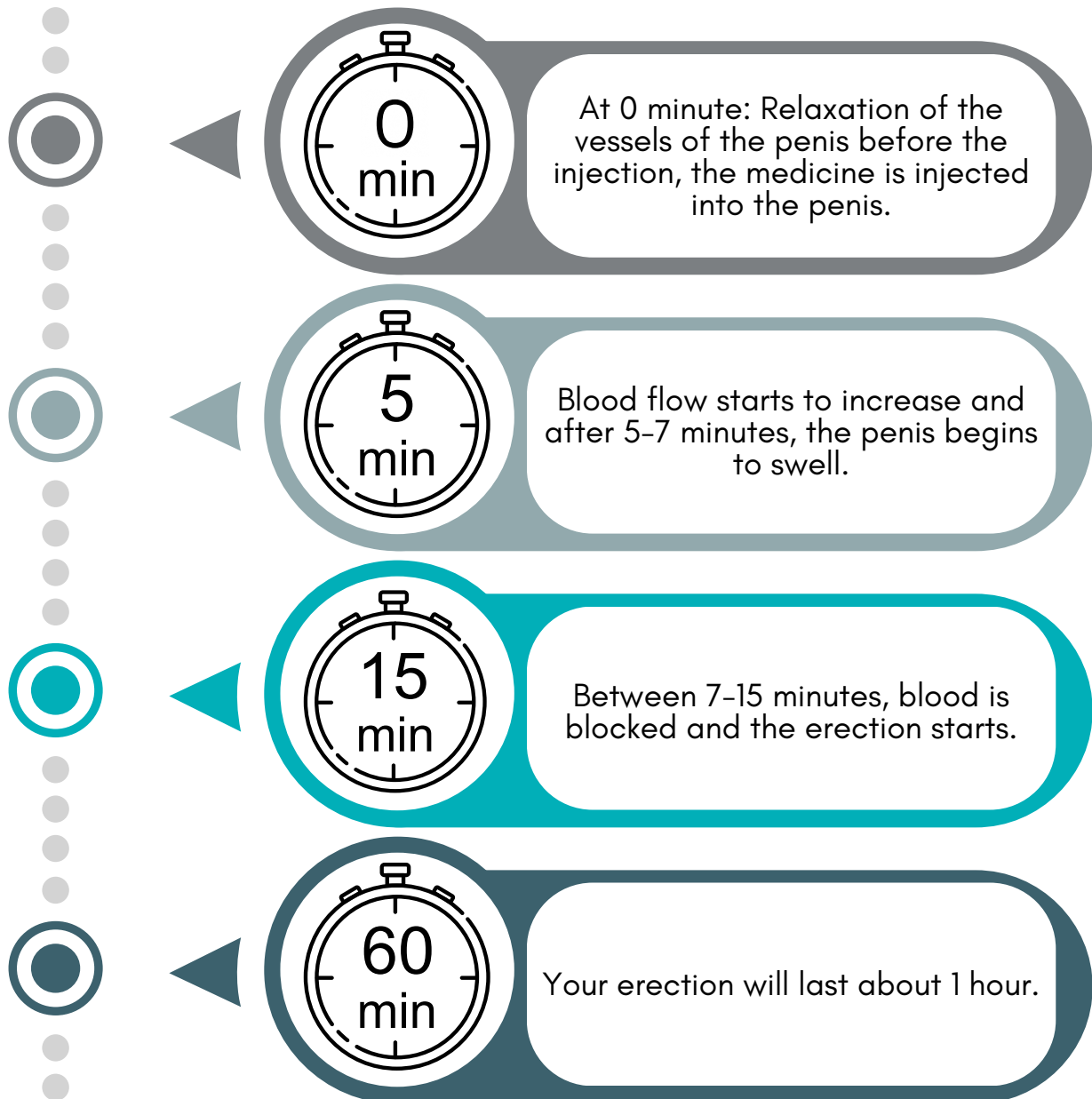
Your erection should develop naturally. This usually happens between 10 and 15 minutes after the injection.

What to do with used needles?

- After using the needle, put it in the container for used needles provided by the pharmacy.
- When the container is almost full, bring it back to your pharmacy and get a new one.



What happens after the injection?



You can start with foreplay, but it will not help the erection.

When and how to change your dose?

It may take a few tries to figure out what dose gives you a good erection. Over time, your dose may change.

- Please keep track of your **dose** (the amount of medicine used for each treatment) and only increase it when needed.
- If you are not satisfied with your erection, you must still use the same dose at least 2 more times.
- Then, you can increase the dose as prescribed by your doctor.

DOSE

Your starting dose is : _____

Use this dose **3** times before increasing the dose.

If a dose is not enough after this, you can increase the dose by _____

Your maximum dose is : _____

Do not take more medicine than your maximum dose.



Possible side effects and what you can do?

Some men may have:

- **Bruising**
 - When injecting, try to avoid any visible veins to prevent bruising and apply pressure on the site for 5 minutes after the injection.
- A **burning sensation** is possible and will go away with time. If it does not go away, you can talk to your doctor to change the medicine.
- An erection that lasts more than 4 hours is called **priapism**.
 - If your prolonged erection is not treated, this can cause permanent damage. To prevent this from happening, **if your erection lasts more than 2 hours, you should:**
 1. Stop all sexual stimulation.
 2. Apply an ice pack covered with a cloth to the penis and perineum (area between the base of penis and anus) for 10 to 20 minutes at a time, and try to urinate.
 3. If this does not work, go to the nearest Emergency Department and ask to speak to the “Urologist on call”.
 - *** Arrive no later than 3 hours after your injection. The team needs time to treat you. ***



Important tips:

- **DO NOT** use this injection **more than 3 times per week**. For example:

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2			
1			2			3
	1			2	3	
		1				2
	1			2		

- **DO NOT** inject into any veins that you can see. This may cause pain or bruising.
- **DO NOT** inject into the top side of your penis (where there may be more nerves).
- **DO NOT** inject into the bottom side of your penis (inside the urethra). This may cause a burning feeling. You may also pass small amounts of blood the next time you urinate.
- **DO NOT** inject into your penis when it is erect or semi-erect.
- **DO NOT** inject more than once on the same day and wait 24 hours between injections.
- **DO NOT** use injections and erectile dysfunction pills at the same time unless prescribed by your doctor.



When to contact us?

- Contact your healthcare team if you have any questions.
- If you have an erection that lasts more than 3 hours and ice packs do not work, this is an emergency. Go to the nearest Emergency Department.

Contact information

Do you have any questions or concerns?

Please contact the Urology Clinic Nurse at **(514) 340-8222**

Nurse: _____

Phone extension : _____

Email:

_____.ccomtl@ssss.gouv.qc.ca

_____.@jgh.mcgill.ca

The clinic is open Monday to Friday: 8am - 12pm and 1pm - 4pm.

Please note that the clinic is closed on weekends and holidays.

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Reference

Please note that all images are the property of Canva graphic design software and those with the 3D penis model are the property of Ms Melanie Zwetkow.

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