



Your Guide to Penile Injection Therapy

MenMD

MenMD should be your primary contact for any questions or concerns related to your medication.

Please call (857) 233-5837



Introduction

Your doctor has prescribed intracavernosal injection therapy (ICI) for you. This therapy is used to treat erectile dysfunction (ED) and will help you have erections. This booklet will explain what you should know about ICI.

Included in Your Shipment

- Vial of medication
 - Syringes (10)
 - Alcohol swabs (10)
 - Ice Packs (to keep medication cool during shipping)
 - Contact information for your MenMD clinical case manager
- You may call this person with any questions or concerns about your medication

Storing the Medicine

Your medication was shipped overnight on ice. The product may remain unrefrigerated for 24-48 hours, therefore it is okay if the ice is melted upon receipt.

Store the medicine in the refrigerator.

Do not use the medicine if it:

- Has particles or is cloudy
- Has expired (look for the Beyond-Use-Date on the bottle).

Based on independent published studies, as well as PharmaLab's own potency testing, we have determined that the product remains above 90% potency until 45 days after production.

If you need a refill of your prescription, please call us at (857)233-5837.



To watch a step-by-step instructional video, click the Web Tip icon or log on to: www.menmd.com/injection-therapy-animation/

Preparing for the Injection

When to Inject

You can inject yourself up to 3-4 times a week or as recommended by your physician. Your injections do not need to be associated with sexual intercourse. Many men perform practice injections to find the correct dose. If you do plan on having intercourse, most men experience an erection in 5 to 15 minutes after the injection.

Before each injection

1. Clean a surface to place your supplies on.
2. Gather your supplies (the medicine vial, syringe, and alcohol swabs).
3. Wash your hands with soap and water.

Drawing Medicine from the Vial

When you use the medicine from the first time, take the center plastic tab or blue seal off the vial. Then follow these steps:

Figure 1: The Syringe

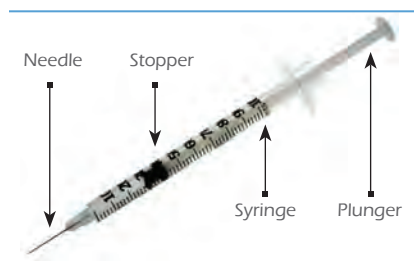
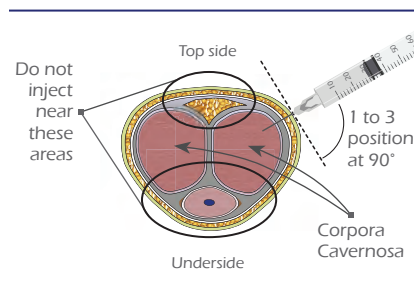


Figure 2: Syringe Preparation



Figure 3: Intracavernosal Injection



The Syringe:

You have received an insulin syringe to perform your injection. The markings on the syringe are measured in “units”. Your doctor will prescribe you a specific number of units to inject. **See Figure 1**

I. Syringe Preparation

- Wipe the top of the vial with an alcohol pad once in a single direction.
- After removing the cap from the needle and the plunger, pull the plunger back to the indicated dosage filling the syringe with air.
- Insert the needle through the rubber top of the vial and inject the air into the vial
- Turn the vial upside down with the needle inserted. **See Figure 2**
- Pull back on the plunger of the syringe in a slow and steady motion until the proper number of units of medication is drawn up.
- If there are any air bubbles, you may eliminate them by gently tapping the side of the syringe and injecting the air bubbles back into the vial.
- Confirm that the proper number of units is drawn up into the syringe.

II. Intracavernosal Injection

- Swab injection site with alcohol pad and allow to dry.
- Insert the needle into the penis between the 9-11 or 1-3 o'clock position, in an area free of veins between the base and mid-portion of the shaft of the penis. **See Figure 3**
- Hold compression over the puncture site for three minutes to avoid bleeding.
- Replace the cap on the needle and dispose of it properly.

Results:

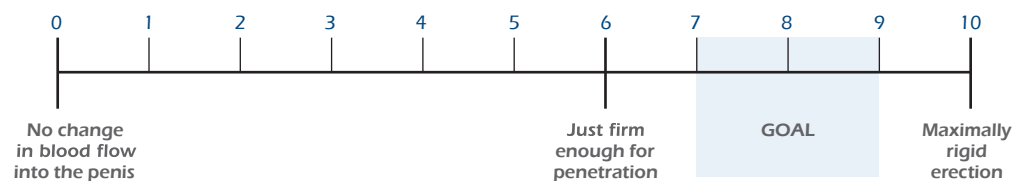
- If you have found the correct dose and are injecting properly, an erection normally develops within 5-15 minutes
- Duration may range from 30-90 minutes
- If you do not achieve a satisfactory erection:

Do not inject yourself again. Wait 24 hours before reattempting.

Call a clinical case manager at MenMD at (857) 233-5837. Case managers work closely with your doctor and will provide you with troubleshooting techniques and advise you on next steps. The patients that have the best success work closely with a case manager at MenMD.

Rigidity Scale:

You may not experience success with your first injection. A clinical case manager will work with you closely after each injection until you achieve a satisfactory erection (an erection rated between a 7 and 9 on the below scale).



You may use the below chart to record your experiences for discussion with your case manager:

Date									
Volume Injected (units)									
Duration of Erection									
Rigidity Scale									

Important Reminders:

Do not exceed the prescribed dose of medication since it may cause a painful erection known as priapism. Prolonged erections may cause penile damage and permanent, irreversible erectile dysfunction. If you experience a prolonged erection, return to the clinic or go to the emergency room.

Do not take Viagra, Levitra, Staxyn, or Cialis the same day that you are planning to use injection therapy unless instructed to do so by your physician.

If you experience persistent pain, swelling, or fever, you may have an infection. Please contact your doctor as soon as possible.



For immediate service,
call: (857) 233-5837
or email: expert@menMD.com

For more information, visit:
www.menMD.com

Fax: (857) 350-4599