



Trimix Gel Information and Patient Instructions

MenMD

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

Please call (857) 233-5837



Introduction

Your physician has prescribed Trimix Gel for you. This therapy is used to increase blood flow to the penis for rehabilitation purposes and for the treatment of erectile dysfunction (ED). This pamphlet will explain what you should know about using Trimix Gel.

Included in Your Shipment

- Prefilled Syringes (without a needle tip).
The number of syringes you receive will vary based on the quantity purchased or the quantity your insurance company allows
- 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 48-72 hours; therefore, it is okay if the ice is melted upon receipt.

Store the medicine in the refrigerator.

Do not use the medication after it has expired.

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

Dosing of the Gel / Gel Usage

When to Use

You can insert the gel once every 24 hours or as recommended by your physician, either for the purpose of having sexual intercourse, or for rehabilitation purposes. Use of the gel does not need to be associated with sexual intercourse. If the gel is being used for rehabilitation purposes, it is advisable to use it the maximal number of times each week even in the absence of sex.

Most men experience blood flow effects within 5-15 minutes following insertion.

Dosing

Your dose should be based on your physician's order. These instructions are printed on the label from the pharmacy and are likely expressed in a range. It makes sense to start with a low dose and titrate upwards on subsequent uses to get to the effect you desire. This approach will minimize the likelihood of unpleasant effects while searching for an effective dose. Many men practice alone with the gel to find the right dose and assess tolerability before involving their partner.

Your Case Manager can help make sure you are using the medication correctly and assist in titrating the dose.

Figure 1: The Syringe

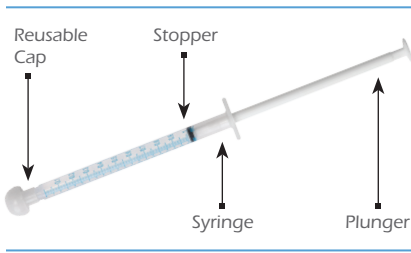


Figure 2. Syringe Preparation

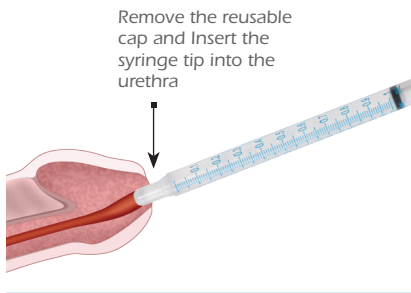
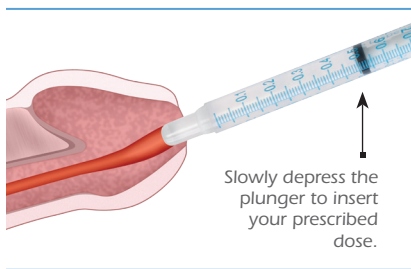


Figure 3: Intracavernosal Injection



Insertion of the Gel into the Urethra (How to Use):

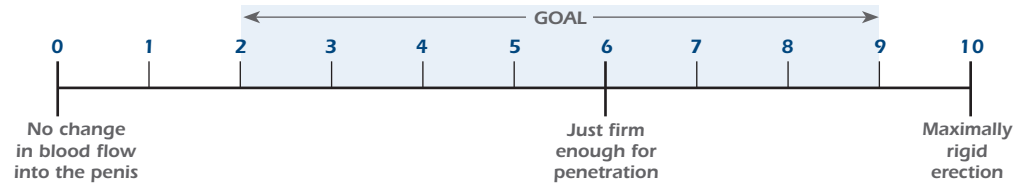
1. Remove the reusable cap from the syringe and line up the opening of the syringe with the urethral opening of the penis.
NOTE: If you also use, or have used, Trimix for intracavernosal injections, it is NEVER acceptable to reuse a syringe with a needle for your Trimix injection.
2. Insert the small tapered tip of the syringe gently into the urethra (Figure 2).
3. Slowly depress the plunger to insert the gel into the urethra.
NOTE: It may be necessary to squeeze the tip of the penis with your thumb and finger to create a tight seal around the penis and the syringe to avoid the gel flowing out of the penis while you are depressing the plunger.
4. Depress the plunger to insert your indicated dose (Figure 3):
NOTE: Take note of the amount of gel in the syringe. You want to push your indicated dose OUT OF the syringe. Therefore, if your dose is 0.25mLs, and the syringe is filled up to 1.0mL, you want to depress the plunger from 1.0mL down to 0.75mLs. (Amount in syringe – your dose = what the black line stopper should read.)
5. Remove the syringe from the urethral opening and squeeze the tip of the penis closed to stop the gel from coming out of the penis. While the urethral opening is closed off, using your other hand squeeze the whole penis like you are making a fist and relaxing a fist. This will spread the medicine around the inside of the urethra and encourage absorption of the medication into the erectile chamber. Squeeze the penis in this manner for 2-3 minutes while keeping the urethral opening closed.
6. If there is medication left in the syringe, recap the syringe and store in the refrigerator for your next insertion.
NOTE: If you also use, or have used, Trimix for intracavernosal injections, it is NEVER acceptable to reuse a syringe with a needle for your Trimix injection.

Results:

- Blood flow should increase into your penis within 5-15 minutes.
- Your physician may have prescribed the Trimix Gel for the purpose of penile rehabilitation and the goal at this point may not be an erection sufficient for sex. There may be value to regular use of the gel even if it does not produce an erection sufficient for sexual intercourse.
- If you do not experience results from the gel do not reinsert more gel and do not use an injection of Bimix or Trimix. 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 insertion. A clinical case manager will work with you closely after each insertion until you achieve a satisfactory erection (an erection rated between a 2 and 9 on the below scale).



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

Date									
Volume Inserted (mLs)									
Duration of Erection									
Rigidity Scale									

Important Reminders:

- If you experience burning or aching, it is important to know that you have not harmed or hurt yourself in any way. This is a known adverse reaction that is fairly common and it will resolve on its own.
- Do not use trimix gel for sexual intercourse with a pregnant woman, or woman of childbearing potential, unless using a condom barrier to prevent the female partner from exposure to the medication.
- 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 trimix gel 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