



Injection Therapy Patient Guide

Reference guide and instructions for using your intracavernosal injection therapy prescription.

In This Guide:

- Information for dosing and storage
- Instructions for administering medication
- Usage log and reference chart

Included In Your Shipment:

- Medication vial
- Syringes
- Alcohol swabs
- Disposable ice pack (used only for shipping)
- menMD clinical case manager contact information

Disponible en español en
menmd.com/resources



Important details regarding your medication

Have Questions?

Visit our website or talk to a menMD specialist.

menMD.com

857-233-5837

Intracavernosal Injection (ICI) Types

This reference guide applies to the following ICI medications provided by menMD:

- Trimix Formulations
- Bimix Formulations
- PGE1 Formulations

When to Use

You may use injections up to 3-4 times a week, or as recommended by your physician. Your injections do not need to be associated with intercourse. Many men perform practice injections to find the correct dose.

Most men experience an erection within 5-15 minutes after injection.

Storing Your Medication

- Trimix, Bimix, and PGE1 medications must be stored in the refrigerator.

NOTE: Our Trimix, Bimix, and PGE1 packaging is designed to protect the medication for up to 48 hours. These orders are shipped priority 1-2 day service, so the medication will retain its effectiveness even if the ice pack has melted upon receipt.

- Do not use ICI medications after they have expired or if the medication appears cloudy and/or contains particles.

NOTE: ICI medications typically retain above 90% potency only within the first 45 days.

Preparing For Use

- Gather supplies (medication vial, syringe, and alcohol swabs) and prepare them on an open, clean surface.
- Wash your hands with soap and water before performing the injection procedure.

Instructions for use

Figure A:
The Syringe

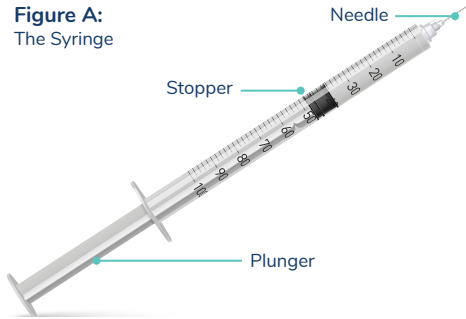


Figure B:
Drawing Medication From Vial



1. Prepare the Syringe

NOTE: If you have previously used intracavernosal injections, it is NEVER acceptable to reuse a syringe with a needle for your injection.

- Remove the cap from the syringe, exposing the needle.
- Pull the plunger back to the indicated dose, filling the syringe with air.

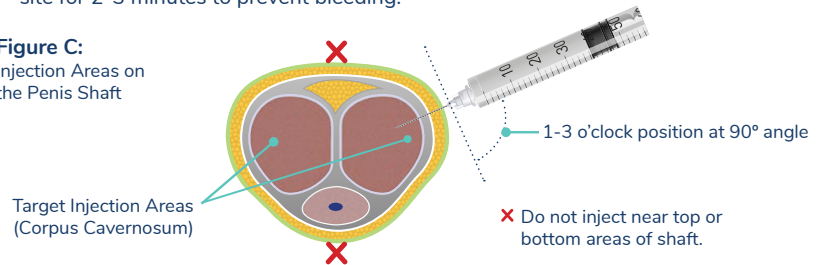
2. Draw Medication

- Insert the needle into the medication vial through the rubber membrane and inject the air into the vial.
- With needle still inserted, turn the vial upside down and slowly pull the plunger back to the indicated dose, filling the syringe with medication. (See Figure B)
- Eliminate any bubbles by gently tapping the side of the syringe and injecting the air back into the vial.

3. Inject Medication

- Swab injection site with alcohol pad and allow to dry.
- Insert needle into shaft of the penis between the base and mid-portion using a 9-11 or 1-3 o'clock position. The injection area should be free of veins. Gently press the plunger to inject medication. (See Figure C)
- Remove needle and apply compression to the entry site for 2-3 minutes to prevent bleeding.

Figure C:
Injection Areas on the Penis Shaft



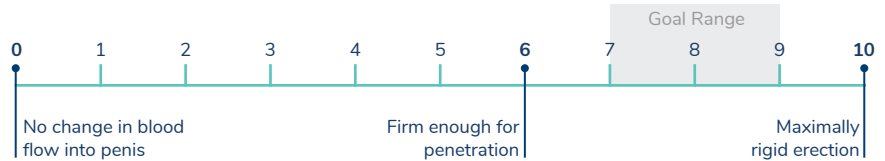
Evaluation & Reminders

Important Notes:

- Do not exceed the prescribed dose of medication. Overuse may cause a prolonged erection known as priapism. Prolonged erections may cause penile damage and permanent, irreversible erectile dysfunction. If you experience an erection lasting longer than four hours, seek immediate attention at a medical facility.
- It is important not to inject more than once every 24 hours unless otherwise instructed by your doctor. Most doctors recommend no more than 3-4 times weekly to minimize scar tissue formation.
- Rotating your injection site within the injection target areas of the penis is recommended to minimize scar tissue formation.
- Do not take Viagra, Levitra, Staxyn, or Cialis within 24 hours of using 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.

Rigidity Scale

A clinical case manager will work with you closely after each injection until you achieve a satisfactory erection (rated 7–9 on the scale below).



Log Your Progress

Use the chart below to record your progress for discussion with your case manager.

Date of Use						
Volume Injected (units)						
Duration of Erection						
Rigidity Scale Number						

What's Next?

- If you have concerns or questions about your progress, call a clinical case manager at menMD at 857-233-5837. Our case managers work closely with your doctor and can provide you with troubleshooting, helpful techniques and advice on next steps or alternative treatments.



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