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

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.

Have Questions?

Visit our website or talk to a menMD specialist.

menMD.com
857-233-5837
Instructions for use

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 A:** The Syringe

- Needle
- Stopper
- Plunger

**Figure B:** Drawing Medication From Vial

**Figure C:** Injection Areas on the Penis Shaft

- Target Injection Areas (Corpus Cavernosum)
- Do not inject near top or bottom areas of shaft.
- 1-3 o’clock position at 90° angle
**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.

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**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).

![Rigidity Scale Diagram]

**Log Your Progress**

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

<table>
<thead>
<tr>
<th>Date of Use</th>
<th>Volume Injected (units)</th>
<th>Duration of Erection</th>
<th>Rigidity Scale Number</th>
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**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.