



Intraurethral Gel Patient Guide

Reference guide and instructions for using your intraurethral gel prescription.

In This Guide:

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

Included In Your Shipment:

- Pre-filled intraurethral syringes
- 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](https://menmd.com)

857-233-5837

Intraurethral Gel Types

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

- Two Drug Gel (Alprostadil / Phentolamine; 1000mcg/4mg)/mL)
- Phentolamine (10mg/mL)

When to Use

Your intraurethral gel may be used once every 24 hours (or as recommended by your physician) for sexual intercourse or for rehabilitation purposes.

If the gel is being used for rehabilitation purposes, it is advisable to use the maximal number of doses each week (even in the absence of sex). Regular use of the gel may provide value, even if an erection sufficient for intercourse is not achieved.

Dosing

Your dose is based on your physician's order and is usually expressed in a range. Instructions are printed on the label from the pharmacy.

It is recommended to start with a low dose and titrate upwards on subsequent uses to get 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.

Storing Your Medication

- Always store your intraurethral gel in the refrigerator inside the amber bag provided with your shipment.
- Do not use medication after it has expired.

NOTE: Our intraurethral gel packaging is designed to protect your medication for up to 48 hours. All intraurethral gel orders are shipped 1-2 day service, so the medicine will retain its effectiveness even if the ice pack is melted upon receipt.

Instructions for use

Figure A:
The Syringe

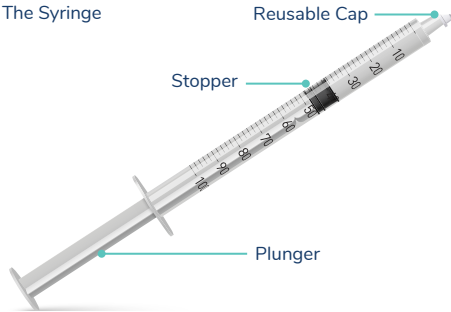
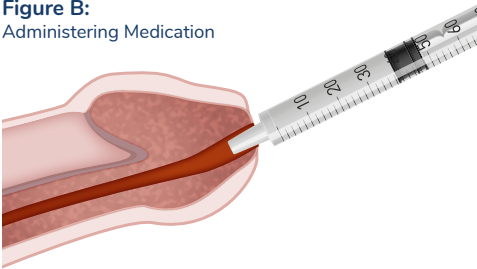


Figure B:
Administering Medication



1. Prepare and Insert the Syringe

- Remove the reusable cap from the syringe. (See Figure A)
- Insert the small tapered tip of the syringe gently into the urethra as shown in Figure B.

2. Insert Medication

- Gently depress the plunger to insert your indicated dose.

NOTE: Take note of the gel amount in your syringe – it may contain more than one dose. For example, if your dose is 0.25mL's, and the syringe is filled to 1.0mL, depress the plunger from 1.0mL to 0.75mL's to administer your 0.25mL dose.

3. Remove Syringe

- Remove syringe and squeeze or cover the tip of the penis to prevent the gel from escaping.

4. Apply Medication

- While keeping the urethral opening closed or covered, use your other hand to gently squeeze and release the penis shaft for 2-3 minutes. This will help spread the medication and encourage absorption into the erectile chamber.
- Blood flow should increase to the penis within 5-10 minutes.
- If there is medication left in the syringe, recap the syringe and store in the refrigerator for your next insertion. If there is no medication remaining, discard the syringe.

NOTE: If you do not experience results from this dose, wait 24 hours before reattempting. Do not reinsert more gel and do not use an injection of Bimix or Trimix on the same day without consulting with your physician.

Evaluation & Reminders

Important Notes:

- A burning or aching sensation will not cause any harm. This is a known adverse reaction and will resolve on its own.
- Do not use intraurethral gel for sexual intercourse with a woman who is pregnant or may become pregnant unless using a condom barrier to prevent exposure to the medication.
- 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.
- Do not take Viagra, Levitra, Staxyn, or Cialis within 24 hours of using intraurethral 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.

Rigidity Scale

A clinical case manager will work with you closely after each insertion until you achieve a satisfactory erection (rated 2–9 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 Inserted (mL's)						
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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