

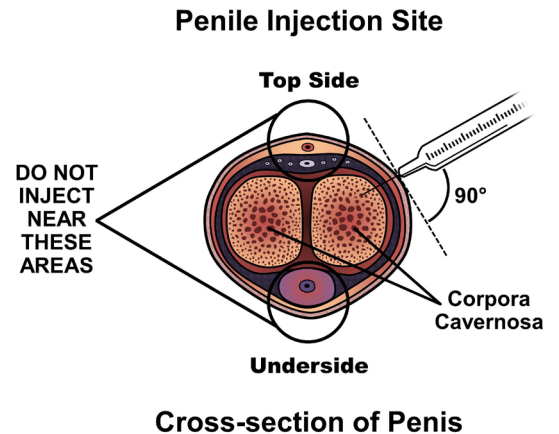
SELF-INJECTION TREATMENT FOR ERECTILE DYSFUNCTION (ED)

WHAT IS A SELF-INJECTION?

Self-injection is a treatment for erectile dysfunction (ED) in which a man (or his partner) injects medication directly into the side of the penis to produce an erection. This method is known medically as intracavernosal injection therapy.

The medication is injected into the Corpora Cavernosum, two spongy, tube-like structures that run along either side of the penis and fill with blood during an erection. This increases blood flow and results in an erection—typically within 5 to 20 minutes.

Self-injection is one of several ED treatment options and is especially helpful for men who do not respond well to oral medications like Viagra or Cialis.



WHAT TYPE OF ERECTION CAN I EXPECT?

- The erection typically begins within 5 to 15 minutes of the injection.
- It is similar to a natural erection.
- For men who respond well, it usually lasts 30 to 60 minutes.
- The therapy does not interfere with orgasm or ejaculation.

WHAT ARE THE BENEFITS?

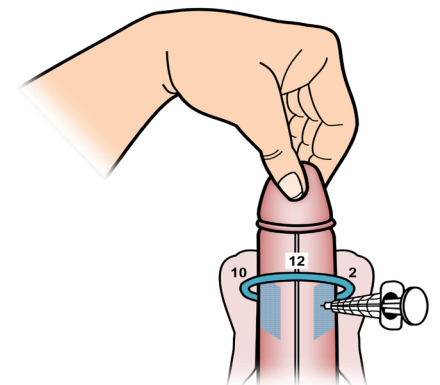
- Natural-feeling erection similar to spontaneous ones
- Works quickly (within minutes)
- Duration of 30–60 minutes, allowing for pleasurable intercourse
- Can be used anytime, anywhere, with minimal preparation
- Less expensive than surgical options like penile implants
- Non-surgical and not painful (very small needle)
- Useful if oral ED medications are not effective or appropriate

WHO WILL TEACH ME HOW TO INJECT THE MEDICINE?

Self-injection is easy to learn and typically taught over one or two visits with a nurse or doctor. With a bit of practice, most men (and their partners, if preferred) feel confident doing the injection on their own.

How to Inject the Medication

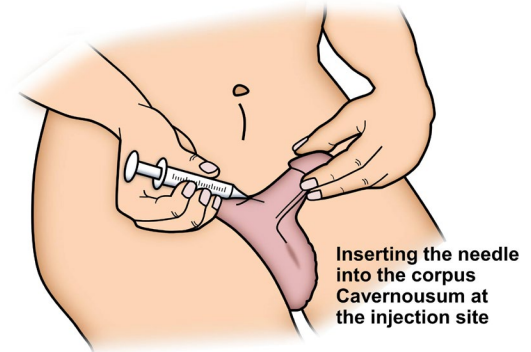
- **Selecting the Injection Site**
 - Inject into either side of the shaft of the penis—not the top, bottom, or head
 - Avoid visible blood vessels.
 - Alternate sides with each injection to avoid scarring.



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• Step-by-Step Instructions

1. Draw up the medication in the syringe.
2. Clean the injection site with an alcohol swab—keep the swab for later.
3. Gently stretch the penis outward and slightly to the side with your non-dominant hand.
4. With your dominant hand, remove the needle cover and hold the syringe like a pen.
5. Insert the needle straight into the selected site until most of the needle is in.
6. Push the plunger slowly to inject all of the medication.
7. Withdraw the needle and apply light pressure with the alcohol swab for 15 seconds or until bleeding stops.



✓ **Remember** to switch sides of the penis with each use.

What Problem Might Occur?

Most men tolerate self-injection well, but side effects can occur:

1. Priapism (Prolonged Erection)

- If the erection lasts longer than 1 hour, try:
 - A cold shower
 - Ice wrapped in a towel on the penis
 - Taking 60 mg of Sudafed (pseudoephedrine)
- If the erection lasts more than 4 hours, go to the nearest hospital ER or call your healthcare provider immediately.

2. Other Possible Side Effects

- Aching in the penis, testicles, legs, or perineum (area between penis and rectum)
- Redness or warmth of the penis
- Swelling of leg veins
- Light-headedness or dizziness
- Fainting: If you have a history of fainting, tell your healthcare provider before starting therapy.

If you feel faint:

- Lie down
- Raise your legs
- If symptoms persist, contact your healthcare provider