

## What is Erectile Dysfunction

Erectile Dysfunction (ED) is a common problem affecting up to 10% of the male population. ED is when you are unable to keep a firm enough erection to achieve sexual satisfaction or intercourse.

This can be caused by stress, general poor health or can be related to medical problem, such as diabetes or a complication after surgery.

Please do not be embarrassed or ashamed to talk to your doctor or nurse about this problem.

ED can be successfully treated with:

- Counseling
- Oral medication
- Self-injection treatment
- Vacuum devices

There are several suppliers of self-injecting treatments available. Your surgeon recommends A.P.P. solution from Slade Pharmacy at Epworth Hospital due to cost benefits.

Prior to using you must inform doctor if you are taking other medication

## How Injectable Agents Work

- The A.P.P. Trimix solution causes an erection by relaxing the smooth muscle of the penis and then causes dilation (widening) of the blood vessels
- The solution takes about 5-10 minutes to take effect, with the erection lasting for up to 45 minutes and then gradually subsiding over 2-3 hours

## How much to use:

- Use only the prescribed dose
- use no more than once in a 24 hour period
- do not use more than 3 times per week
- do not change dose without consulting your doctor or nurse

## How to prepare:

- wash hands thoroughly
- do not use if cloudy, coloured, has particles or is out of date
- peel back covers of syringe and swab
- swab top of ampoule
- draw up prescribed amount of solution
- replace needle cap
- if there are bubbles in the syringe, point the needle upward and gently tap syringe to cause the bubbles to rise
- carefully put pressure on the needle plunger to remove the bubble from the syringe

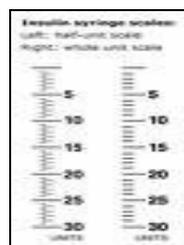
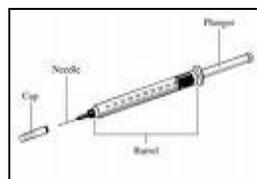


Figure 1 Syringe measurements



## How to inject:

- The Corpora Caverosum runs both sides along the length of the penile shaft.
- Self inject whilst sitting slightly upright or leaning against the bed
- Alternate injection site to prevent scarring
- Hold head of penis with your thumb and forefinger
- Fully stretch penis away from body
- Foreskin must be pulled back
- Avoid veins and capillaries
- Swab penis
- Hold needle between thumb and index finger
- With a steady and continuous motion insert full length on needle into penis at 90 degree angle
- Inject solution with slow steady action
- Withdraw needle and dispose of straight away
- Apply pressure to injection site for up to 3 minutes or until bleeding ceases

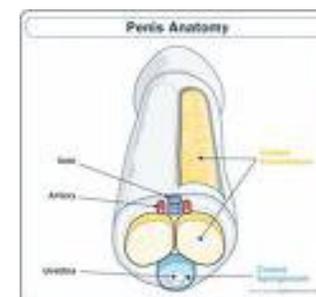
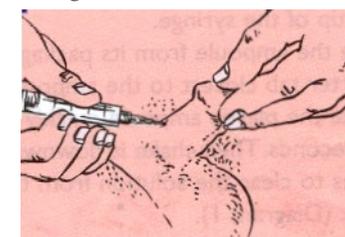


Figure 2 Insert the needle the entire length at a 90 degree angle.



## Storage and Disposal

- Store A.P.P. solution in clearly labeled container in fridge
- Dispose of used syringes in clearly labeled sealed container, out of reach of children. Take to chemist for disposal when jar is filled.
- When traveling solution should be stored in fridge bag

## Overdose:

- Only use prescribed amount
- If erection persists (priapism) have a cold shower or do some sit-ups
- If erection persists after 2 hours take 1 Sudafed tablets.
- Contact doctor if erection lasts longer than 3-4 hours

## You Must:

- Tell all treating doctors, dentists and pharmacists that you use A.P.P. Trimix solution
- If partner becomes pregnant while using A.P.P. tell obstetrician

## Do Not

- give to anyone else
- alter dose yourself

## Side effects

### Common

- Pain in penis during erection
- Bruising at injection site

### Uncommon: (notify doctor)

- redness, swelling, bleeding itching
- localised pain in buttocks, genitals, back or pelvis
- leg cramps, numbness
- increased sweating
- yeast infection
- tight foreskin
- painful erection, abnormal ejaculation
- disorder of testes(pain, warmth, swelling, thickening)
- dizziness, headache
- fainting
- nausea, vomiting

## Questions asked on review:

- How long did it take for you to get an erection?
- Firmness of erection (%)
- How long did the erection last for?
- Was sexual intercourse possible?
- Was a "climax" achieved?
- Any side effects noticed?



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*Patient Information Leaflet*

# **ERECTILE DYSFUNCTION EDUCATION (Self-injection Treatment)**



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