EMPOWER

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Penile Injection Instructions
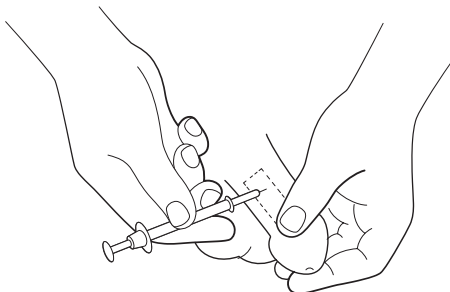
1. Preparing the Injection

1. Wash your hands well with soap and water.
2. Prepare the medication (if needed).
3. Sit or stand in a comfortable position in a warm, well-lit room. If you need to, sit or stand in front of a mirror.
4. Find an injection site on one side of your penis, in a place with no visible veins. (Don't inject into the top, bottom or head of the penis.)
5. Clean the injection site with an alcohol swab and let dry. Grasp the head of your penis firmly with your thumb and forefinger (don't just pinch the skin). Stretch the penis so the skin on the shaft is taut.

Clean the injection site with an alcohol swab.
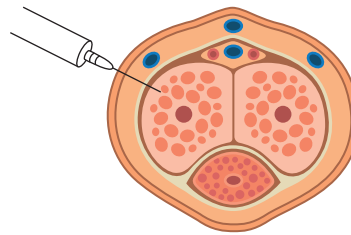
2. Injecting the Medication

1. Rest your penis against your inner thigh and gently pull it toward your knee. Don't twist or rotate it. This way, you'll be sure to inject the medication into the spot you chose and cleaned before.
2. Hold the syringe between your thumb and fingers, like you're holding a pen. Rest your forearm on your thigh for support.
3. Insert the needle at a 90-degree angle with the shaft near the base of the penis. Do this quickly to reduce discomfort. (The needle should go in easily. If it doesn't, stop right away).
4. Move your thumb to the plunger. Press down to inject the medication, counting to 5.
5. Remove the needle and dispose of it safely.

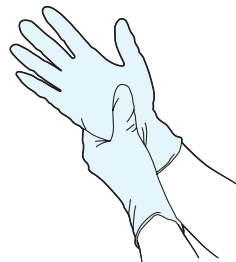*The injection site can be any part of the shaded area.*

3. Gaining an Erection

1. Apply pressure to the injection site for a few minutes, while massaging your penis. This prevents swelling and bruising and helps spread the medication.
2. Stand up. This may help your erection develop. Foreplay often helps too.
3. Your penis should become firm within 10 to 20 minutes. The erection will last long enough for sex and maybe longer.

Insert the needle straight into the penis.

What Items Do I Need To Give an Injection?

You may want to use gloves for your protection or the protection of the person receiving the shot

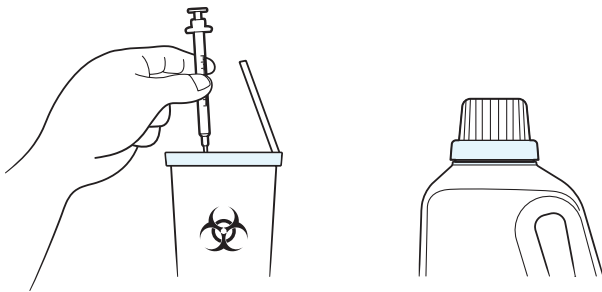Vial containing the medication

Alcohol wipes

The correct size needle and syringe (included in your package)

How Can I Dispose of Used Syringes and Needles?

You can purchase a sharps container, which is a hard-plastic container made especially for used syringes and needles, at your local pharmacy. If you did not purchase this container with your medication, you can use a hard-plastic container with a screw-on top, such as a clothing softener or hard-plastic detergent bottle. Make sure you can easily put both the syringe and the needle into the container.

Whatever container you choose, make sure that the needles cannot break through the sides, bottom or top.

Call your primary care physician or your local pharmacy to find out what your state or local requirements are for disposing of used syringes and needles.
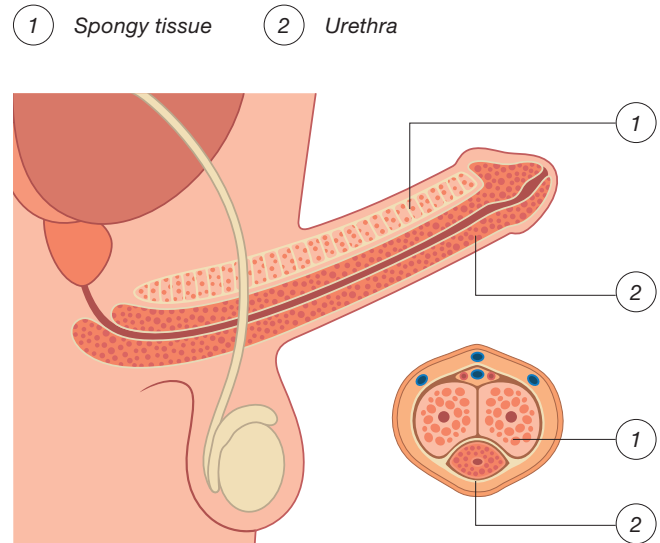

Anatomy of an Erection

To produce an erection, the brain, nerves, blood vessels and hormones all have to work together. The result is extra blood flowing into the penis and staying there until after orgasm (climax). The penis is made up of spongy tissue filled with blood vessels. When stimulated, the blood vessels relax and expand. This brings blood into the penis. The tissue swells and becomes firm enough for sex.

1 *Spongy tissue*   2 *Urethra*

Notes About Self-Injection

• You may feel a mild burning during injection. This is ok, but if you feel pressure or severe pain, stop the injection. There may be a problem with the injection site.

• Only inject the medication on the side of your penis. The medication may not work if injected elsewhere.

• To prevent scarring, inject in a different spot each time.

• Don't use this treatment if you have a bleeding disorder or any risk of infection.

• Get medical help right away if your erection lasts longer than 2 to 3 hours.

Work With Your Doctor

Ask how often you can safely repeat injections, as well as any other questions you may have. You and your healthcare provider will talk about follow-up exams and how to get supplies. If the medication doesn't work or stops working over time, tell your healthcare provider.

Call Your Doctor If You Have:

• An erection that lasts longer than 2 to 3 hours

• Bleeding or bruising

• Severe pain

• Scarring or curvature of the penis