

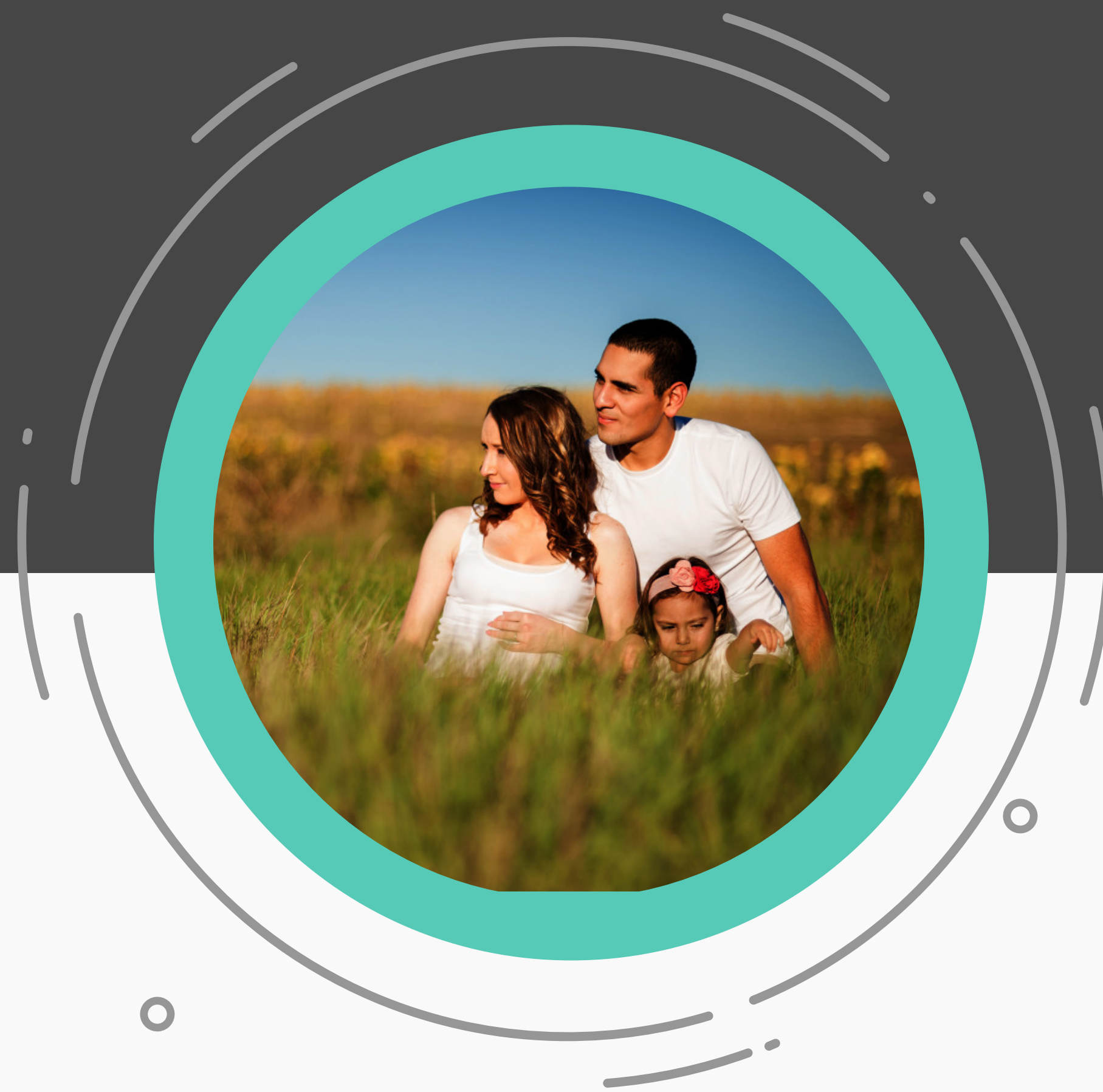


The Prostate Clinic

# Intracavernosal Injection Self-Injection Information

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Important information  
regarding your treatment



Dr Tom Shannon

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How do I store the vials?

Medication must be kept refrigerated in order to maintain effectiveness.

How often can I use the medication?

You may use the medication no more than every second day.

Can I inject the same place each time?

You must alternate sides each time you inject to minimise pain and scarring.

Where is the best place to inject?

The medication may be given along the shaft of the penis but never in the head/glans of the penis. We will show you this. Do not inject the medication into the exact same place each time. Incorrect technique may result in a partial or no erection. It does not cause any harm. You can try again on a different day if this occurs. If the response is still less than expected, call The Prostate Clinic to make an appointment to discuss and adjust the dosage and technique of the injection.

How long should an erection last?

The goal is to induce an erection lasting 30-60 minutes. The erection should never last more than two hours. If this does, it is called a priapism. If this occurs, follow the priapism instructions you were provided. If once you have followed these instructions your erection still does not go you must call your prescribing urologist/ Nurse Practitioner or attend the emergency department. Once the immediate problem has been dealt with make a followup appointment with Melissa at The Prostate Clinic . At this appointment there will probably be a change in the dose of your medication to prevent this from reoccurring. It takes communication between you and your health care providers to find the proper dose that works best for you.

What does should I use?

It is critical that you follow instructions on dosing to prevent problems. You will be instructed how to inject and how much to use. Please do not alter the dose of your medication without first consulting your Urologist / Nurse Practitioner.

I am noticing a curve or bend that wasn't there before. What is it?

If you notice curvature of the penis, please call and schedule a follow up appointment immediately. Be sure to keep follow up appointments. We want to determine the effectiveness as well as examine for curvature or other issues that can arise.



# Intracavernosal Potential Side effects:

Your urologist/ Nurse Practitioner has discussed the treatment options for erectile dysfunction that include PDE5 inhibitors (Viagra, Levitra and Cialis), Vacuum Erection Devices (VED), Intracavernosal injection therapy, as well as penile prosthesis placement. We want to be certain that you understand the risks of any and all treatments you may choose so you have made an informed consent.

Intracavernosal injection therapy involves the use of either Papaverine, Phentolamine, Prostaglandin E1 or a combination of these medications. This medication is injected directly into the side of the penis called the corpora cavernosum using a sterile syringe (typically an insulin syringe with an ultra-fine needle) and alcohol swab.

Since it is injected directly into the side of the penis, the potential side effects are typically local and mild. They include:

- Some pain/discomfort at the injection site.
- Potential infection if sterile technique is not used.
- Scarring, which can appear as a “lump” or curvature if you inject in the same location time after time.
- A prolonged erection (priapism) that could cause irreversible damage if not treated and permanent loss of erections in the future.
- A small bruise if you inject through/into a vein on the superficial aspect of the penile skin. This usually goes away within a few days.

To reduce these potential side effects:

- Wash your hands before beginning the injection technique.
- Disinfect the rubber stopper on the medication vial with alcohol before placing the needle into the vial to draw out the medication.
- Use a new syringe for each injection.
- Stretch the penis out completely before injecting the medication.
- After injecting the medication, apply pressure to the injection site for 30 seconds.
- Alternate sides of the injection. If you inject the right side now, use the left side for the following injection. This will hopefully alleviate the possibility of curvature and scarring if this is done.
- Do not use the medication more than once a day.
- At weekly intervals, palpate the penis to detect potential scarring. If you notice this, stop the injections and please make an appointment to review.
- Be sure you have a follow up appointment and please keep this appointment.

# Consent for Intracavernosal Injection Therapy

I have reviewed with my urologist / Nurse Practitioner the risks/benefits and potential complications involved in this treatment option. I understand this treatment involves use of one or more injectable vasodilators (Papaverine, Phentolamine and/or Prostaglandin E1) injected into my penis using a syringe and sterile technique. I will be taught to self administer this medication. The goal is to achieve an erection adequate for sexual relations. I realise this will hopefully improve the erections but will not treat the underlying etiology of this problem.

I have discussed other treatment options available including PDE5 inhibitors (Viagra, Levitra and Cialis), Vacuum Erection Device (VED), penile implantation as well as other options including sex therapy and counselling.

If I develop a priapism (prolonged erection >2 hours) I will contact my treating urologist and/or his office for further instructions/treatment.

I understand that intracavernosal injection therapy has the goal of improving my present erections.

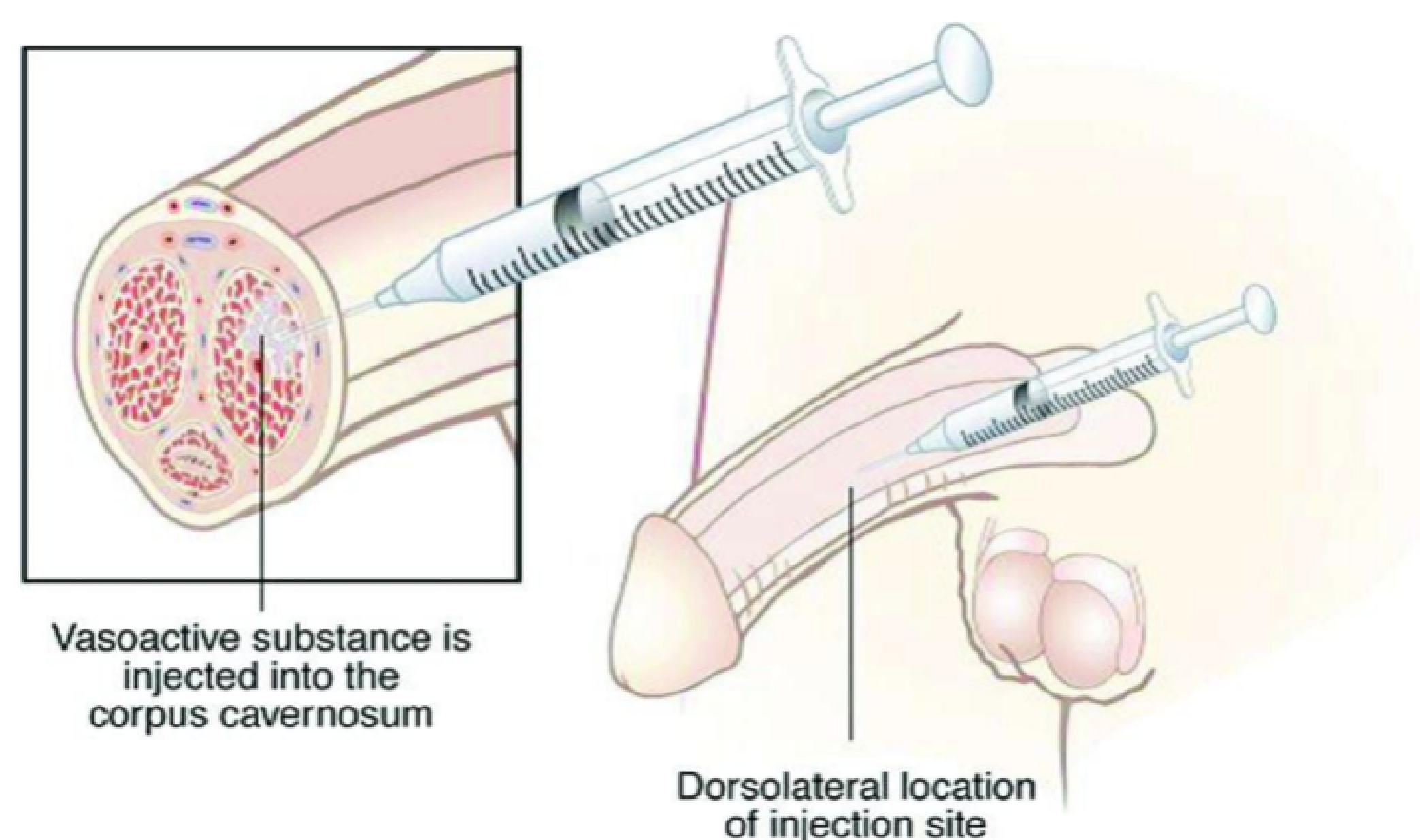
I have had the opportunity to ask questions about my condition and this treatment option and understand the risks, benefits, potential complications as well as alternatives that exist. I have received satisfactory explanations and would like to proceed with this treatment.

\_\_\_\_\_ Patient's signature \_\_\_\_\_ Date



# Technique of Intracavernosal Injection

- 1) Wash your hands before starting the injection sequence.
- 2) Wipe off the rubber stopper on the vial with alcohol swab.
- 3) Pull back the plunger on the syringe (with only air) to the dose you were told to inject.
- 4) Place the syringe/needle at a right angle into the bottle/rubber stopper.
- 5) Hold the vial upside down and inject the air into the vial.
- 6) Pull back the plunger on the syringe slowly to the dose you are to inject.
- 7) Remove the syringe from the vial.
- 8) Holding the syringe with the needle facing up in the air, tap the syringe to get any air towards the top of the syringe towards the needle. Now, push out any excess air from the syringe.
- 9) Load the autoinjector and place on bench
- 10) Wipe off the penis where you are planning to inject with the alcohol swab.
- 11) Hold the head of the penis with your “non injecting hand” and stretch the penis out fully, retract the foreskin if you have one. Choose the position you are going to inject. The medication should be injected between the 2-3 o’clock position on one side and the 9-10 o’clock position for the other side.
- 12) Place the autoinjector onto the corpora cavernosum as shown in your teaching session. Press the button on the auto injector (you will feel a pin prick in your shaft) now push down the plunger.
- 12) Remove the needle and apply pressure for 30 seconds with the alcohol swab. At the same time hold the base of your penis firmly in a ring grip for 60 seconds (this is important, time 60 seconds it is longer than you think)
- 13) The penis should become erect (with the assistance of foreplay) in 5-20 minutes.



Your starting dose is \_ \_ \_ \_ \_ units

Please rate: Trial Injection 1

Erection Scale: 0 1 2 3 4 5 6 7 8 9

No erection 100% erection

Trial dose given: \_\_\_\_\_ Next dose to try: \_\_\_\_\_ Maximum dose to try: \_\_\_\_\_

Please rate: Trial Injection 2

Erection Scale: 0 1 2 3 4 5 6 7 8 9 10

No erection 100% erection

Trial dose given: \_\_\_\_\_ Next dose to try: \_\_\_\_\_ Maximum dose to try: \_\_\_\_\_

Please rate: Trial Injection 2

Erection Scale: 0      1      2      3      4      5      6      7      8      9      10  
No erection      100% erection

Trial dose given: \_\_\_\_\_ Next dose to try: \_\_\_\_\_ Maximum dose to try: \_\_\_\_\_

Please rate: Trial Injection 3

Erection Scale: 0      1      2      3      4      5      6      7      8      9      10  
 No erection      100% erection

Trial dose given: \_\_\_\_\_ Next dose to try: \_\_\_\_\_ Maximum dose to try: \_\_\_\_\_

## Instructions in case of Priapism

## What is a priapism?

This is an erection lasting more than two hours. One can have pain and permanent damage (such as scarring, curvature and loss of erectile function) if left untreated.

What should be done if this occurs:

- Take 120mg of Sudafed, wait and wait for 30 minutes. If the erection does not go down, take another 60mg of Sudafed and wait for another 30 minutes (do not do this if on antihypertensives).
- Try a cold compress around the phallus and gently squeeze to see if this will help.
- Try walking or jogging for 15 minutes to see if this helps.
- If these manoeuvres do not work, call your urologist/ Nurse Practitioner immediately or if after hours go to an Emergency Depart at the hospital. If this does happen you made need a procedure to relieve the erection. It often entails drawing out blood from the penis and/or injecting medication into the side of the penis, similar to the injection used to assist in the erection.



## About Us

The Prostate Clinic is Perth's first multidisciplinary centre dedicated to the prevention and management of prostate disease and men's health based at Hollywood Private Hospital, Nedlands. Prostate disease is a common condition, affecting 1 in 2 men in their lifetimes, making it a problem that we all need to think about. Prostate cancer affects 1 in 5 men during their lifetime and is the second most common cause of cancer death in Australian men. However, prostate cancer is highly curable if found early and at The Prostate Clinic we are devoted to reducing the impact of this disease through awareness, early detection and expert care. With over 15 years' experience and thousands of prostate cancer patients treated, The Prostate Clinic brings together a team of doctors, nurses, physiotherapists, dieticians, exercise physiologists and psychologists to deliver optimal patient care.

## Contact Us

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