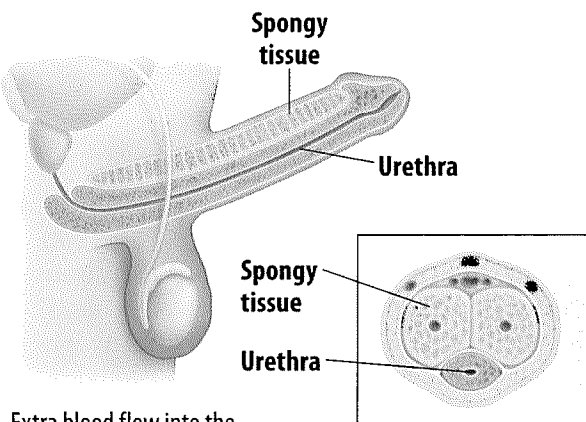


Anatomy of an Erection

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 more blood to the penis. The tissue swells and becomes firm enough for sex.



Extra blood flow into the penis creates an erection.

Cross section of penis

When There's a Problem

If the blood vessels don't expand, extra blood can't go to the tissue. So, the penis stays soft. This problem is called **erectile dysfunction (ED)**. It can make intercourse frustrating or even impossible. Emotional issues can lead to ED, but the cause is often physical. Common causes include other health problems and side effects of medications.

Injections Can Help

Medications used for self-injection relax penile blood vessels. Blood can then flow freely into the penis and cause an erection. Steps for self-injection are described inside

A Satisfying Sex Life

Penile self-injection is a simple technique. But it may cause a major change in your sex life. Some men even find that self-injection leads to an increase in natural erections. If you have questions or concerns about self-injection or ED, talk to your healthcare provider.



With contributions by:

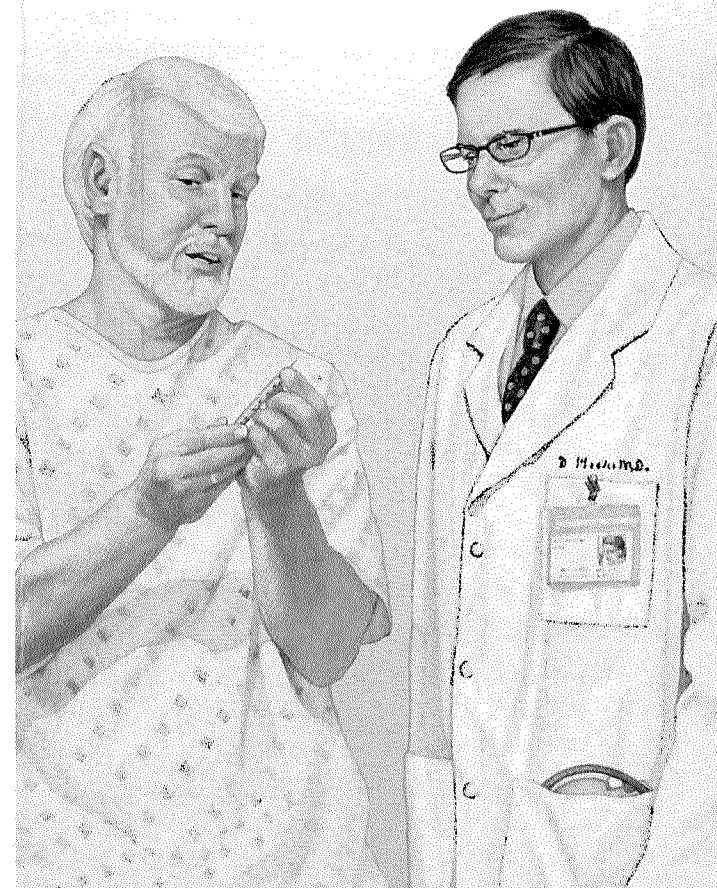
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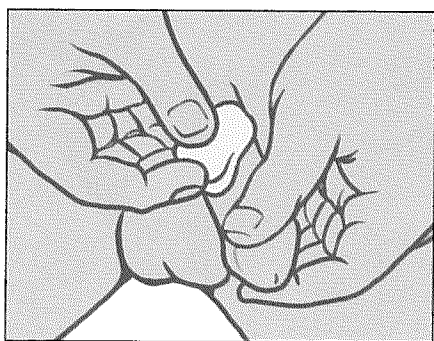
Penile Self-Injection



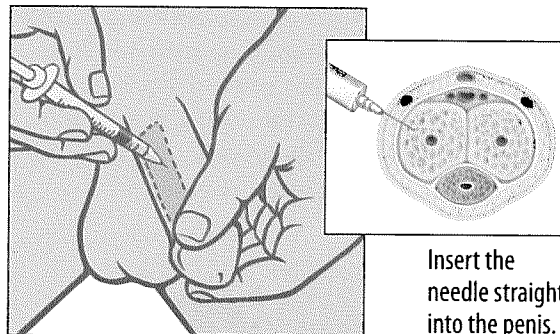
A Treatment for Erectile Dysfunction

Self-injection is a good option for many men with erectile dysfunction (ED). A tiny needle is used to inject medication into the penis. This helps your penis get hard and stay that way long enough for sex. And sex and orgasm will feel as good as always. You may be nervous about doing self-injection at first. But with practice, it will get easier. Your healthcare provider will show you how to do self-injection the first time. The simple steps are outlined in this brochure.

Preparing for 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. 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.



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

Insert the needle straight into the penis.

1. Rest your penis against your inner thigh and pull it gently 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. 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.

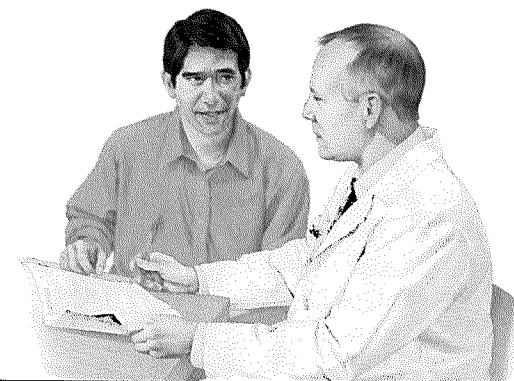
Gaining an Erection

1. Apply pressure to the injection site for a few minutes. 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.

- You may feel a mild burning during injection. This is okay. 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. It 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 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