

# PATIENT INSTRUCTIONS

## Self-Injection for Trimix

Self-injection with Trimix will help you achieve and maintain an erection. The treatment has some risks. The risks include: Bleeding, infection, or scarring at the injection site, or prolonged painful erection. Trimix self-injection outlined below is safe only if performed under the supervision of a physician. Your physician will have demonstrated this procedure to you. You should have a full erection within **5 minutes**. As with all prescription medicines, do not allow anyone else to use your medicine.

### Some Possible Complications You May Experience :

Bleeding from the injection site

Pain and burning at the tip of the penis

Facial flushing/dizziness- this can be relieved by lying down for 5-10 minutes, until symptoms disappear.

Poor erection - this can result from injecting the medication in the incorrect place/

Lack of ejaculation - this is not significant; but can be discussed with your doctor

Decreased feeling in the penis - this will not harm you and may/may not be related to the medication

Swollen or “black/blue” penis - compressing the entire penis with hand for 10 minutes can reduce this

### SELECT INJECTION SITE

The injectable solution will be injected into a corpus cavernosum (spongy tissue) of the penis. A corpus cavernosum runs the length of each side of the penis.

Choose an injection site on one side of the shaft of the penis.

**AVOID VISIBLE BLOOD VESSELS.**

**ALTERNATE THE SIDE OF THE PENIS & THE SITE OF THE INJECTION WITH EACH USE.**

### SELF-INJECTION PROCEDURE SUMMARY

1. Draw up air, equal to the same amount of Trimix to be injected, and inject into the Trimix vial
2. Grasp your penis with the left hand (if you are right handed) or with your right hand (if left handed)
3. Pull the skin near the base taut back towards your trunk (stomach).
4. Wipe the skin with an alcohol swab.
5. **Avoid injection into any visible veins.**

**LINK TO VIDEO DEMONSTRATION:** <https://www.youtube.com/watch?v=-KGLryQMdsk>

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### PREPARE THE DOSE

1. Wash your hands thoroughly, and dry them with a clean towel.
2. Remove cap and wipe the rubber stopper on the vial of the Trimix with an alcohol swab.
3. Handle the syringe by the syringe barrel only.
  - a. Keep the needle sterile by not touching it with your hands or any other object
  - b. Grasp the syringe barrel (not the plunger) and remove the needle cover.
  - c. Do not touch the exposed needle
4. Pull back on the plunger to draw amount of air into the syringe equal to your prescribed dose. Push the needle through the center of the vial's rubber stopper. Push the air in the syringe into the vial.
5. Keeping the needle in the vial, firmly hold the vial and syringe upside down in one hand.
6. Keeping the needle tip below the level of fluid slowly pull back on the syringe plunger and carefully draw up the exact amount (units or mL) your doctor has prescribed.
7. If there are air bubbles, gently tap the syringe barrel until they float to the top of the syringe. Holding the syringe upright, push the syringe plunger to the correct volume mark for the dose prescribed.
8. Grasp the syringe barrel (not the plunger) and carefully remove the needle/syringe from the vial of the injectable solution.
9. Place the needle cover over the needle and set the syringe down on a level surface. Do not allow the needle to touch, or rest on any nonsterile surface.



### INJECT YOUR DOSE OF SOLUTION

1. Sit upright or slightly reclined when injecting.
2. If your penis is not circumcised, pull back the foreskin. Holding the head of your penis with your thumb and forefinger, stretch it lengthwise along your thigh so that you can clearly see the selected injection site. If you are circumcised, you can hold the glans penis with the left hand and inject the medication.
3. Clean the injection site with a new alcohol swab. Discard this swab. **DO NOT INJECT INTO A VISIBLE BLOOD VESSEL.**
4. Remove the cover from the needle. Reposition the penis firmly against your thigh to keep it from moving during the injection. Do not inject into a visible blood vessel.
5. Hold the syringe between your thumb and index finger. Using a steady motion, push the needle straight into the selected site until the metal part of the needle is entirely in the penis.
6. Holding the syringe barrel between two fingers, move your thumb or finger to the top of the plunger and with a steady motion, push down on the plunger so that the entire volume of the solution is slowly injected.
7. Grasp the syringe barrel and pull the needle out of your penis.
8. Apply pressure to the injection site for about 15-30 seconds or until any bleeding stops.
9. Dispose of the syringe in a SHARPS container. Dispose of all injection materials safely and do NOT re-use or share needles/syringes.
10. Immediately after the injection, squeeze the base of the penis between the thumb and index finger of the right or left hand, and massage the penile shaft laterally along the length of the shaft with the thumb, index and middle fingers of the opposite hand for about 5 minutes to distribute the drug through the shaft.