



**COMPLEMENTARY COMPOUNDING SERVICES**  
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## **INSTRUCTIONS FOR INJECTION**

1. Wait 3 days between injections.
2. Do not inject more than 8 times a month.
3. Keep the mixture frozen, as effectiveness will decrease if left at higher temperatures long term.
4. Your initial dose is usually 0.3ml or as directed by your doctor. If the response is unsatisfactory wait 3 days before increasing dosage. Increase by 0.10ml until a satisfactory dose is reached. The maximum dose is 1.0ml. If it does not work at the highest dose you will need to move onto a stronger mixture. Our lab produces a range of mixtures of varying strengths for more resistant cases. Do not be discouraged by a poor result with the first few injections, as the initial dose has been kept low intentionally to avoid a prolonged and painful erection (priapism). A higher dose or stronger mixture will achieve results.
5. If you have any questions regarding the above instructions, please do not hesitate to call.
6. If your erection lasts longer than 2 hours jog on the spot, cycle or go for a brisk walk for 30 minutes. If this fails apply an ice pack. If this fails we recommend either one of the antidotes below:
  - (a) We supply a 0.2% phenylephrine injection which is available on prescription. Start by injecting 0.3ml (30 units) in the same manner as injecting your TRIMIX mixture (see below). If your erection has not subsided with 15 minutes you may repeat the injection and continue to do so every 15 minutes until it has subsided. Most men usually require between 1 to 5 injections before the erection has ceased.
  - (b) Alternatively obtain some Sudafed Sinus and Nasal Congestion Tablets (these contain 60mg Pseudoephedrine) from your local pharmacy and take 1-2 tablets only.

**NOTE: Avoid alcohol consumption if you intend on using this medication as alcohol may counteract it resulting with no, or only a limited, unsatisfactory response. Alcohol may have this effect with any medication used for erectile dysfunction.**

# **SELF-INJECTION PROCEDURE**

## **MAJOR STEPS**

- 1. GETTING SET UP**
  - 2. PREPARE THE SYRINGE**
  - 3. SELECT AND PREPARE THE SITE FOR INJECTION**
  - 4. INJECT TRIMIX AND APPLY COMPRESSION**
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## **DETAILED PROCEDURE**

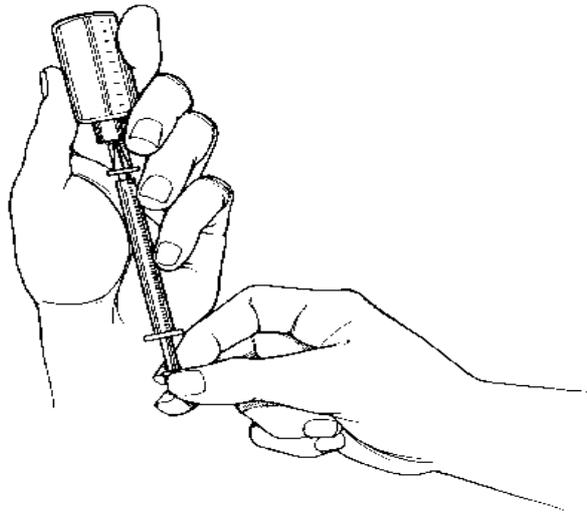
### **1. GETTING SET UP**

- a. Proper hygiene is important. Wash your hands and keep the penis clean.
  - b. Assemble the following:
    - Bottle of Injection
    - Alcohol pad
    - Syringe
  - c. Keep the Injection cold by returning the bottle to the freezer or refrigerator, or by placing the bottle in a cup of ice.
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### **STEP 2: PREPARE THE SYRINGE**

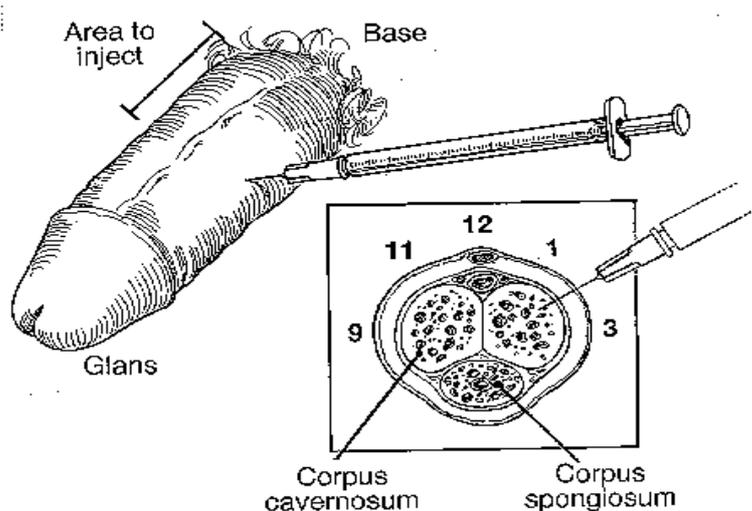
- a. Wipe the rubber top of the vial with an alcohol pad.
- b. After removing the cap of the needle, pull the plunger back to the desired dosage, filling this volume with air. Use a new needle and syringe each time.
- c. Insert the needle through the rubber top and inject the air into the vial.
- d. Turn the vial with needle and syringe inserted upside down. Pull back on the syringe plunger in a slow and steady motion until the desired dosage is achieved.
- e. Tap the side of the syringe to allow any air bubbles to float towards the needle. Avoid having these air bubbles in the syringe when self-injecting by first injecting out the collected bubbles that may form.

f. Remove the needle from the bottle and replace the protective cap on the needle.



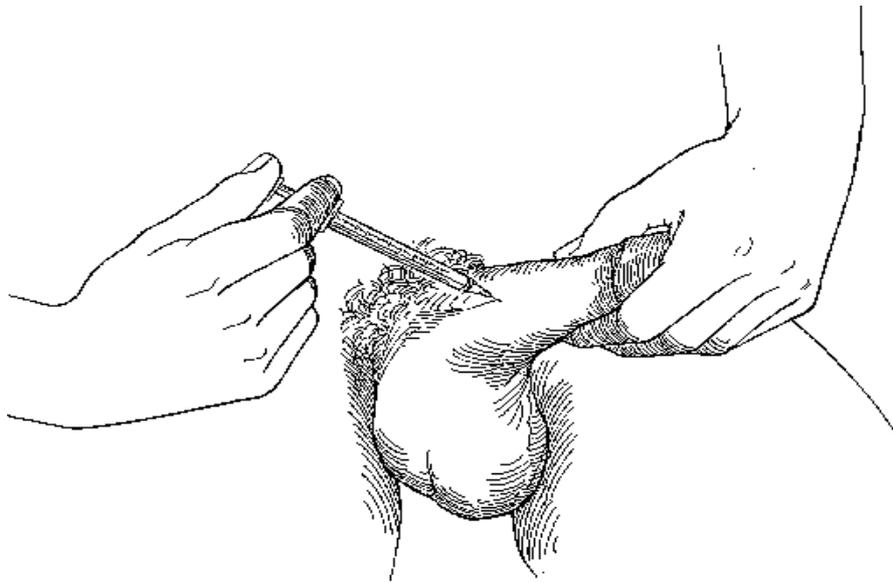
### STEP 3: SELECT AND PREPARE THE SITE FOR INJECTION

a. The proper location for injection is at the **9-11 and 1-3 o'clock** positions, between the **base and mid-portion** of the penis. (see diagram) **Avoid** the mid-line because of potential for injury to the urethra (6 o'clock; for urinary passage) and the penile arteries and nerves (near 12 o'clock). **Avoid** any visible veins or arteries on the surface.



b. Grasp the head of the penis with your thumb on the top and the index finger on the bottom. Squeeze the head of the penis gently and select a site for injection.

c. Clean the site with an alcohol pad.



## **STEP 4: INJECT TRIMIX AND APPLY COMPRESSION**

- a. With a steady and continuous motion, penetrate the skin with the needle at a **90° angle**. The needle should then be advanced to a depth of approximately a quarter of the diameter of your penis (alternatively half the radius). Slight resistance is encountered as the needle passes into the proper position within the erectile tissue (corporeal body). Maintain the squeeze on the head of your penis.
- b. Inject the mixture over approximately 4 seconds. Withdraw the needle from the penis. Maintain the squeeze with thumb and index finger for a further 20 second count and then release and apply compression to the injection site for approximately 1 minute. Several minutes of compression may be required to avoid bleeding, especially if you are an aspirin user.
- c. Replace the cap on the needle and dispose of properly.

### **Storage**

Store the injections in the freezer and discard after the date indicated on the label. The freeze thaw cycle if stored in the freezer will not effect the medications.