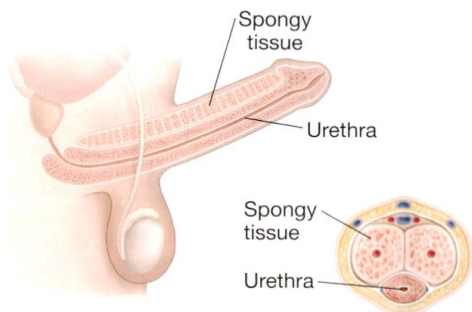


How Erections Occur

To produce an erection, the nervous system, blood vessels, and hormones all have to work together. The penis is made up of spongy tissue filled with blood vessels. When a man becomes sexually stimulated, the blood vessels relax and expand. This brings more blood to the penis. The tissue swells and becomes hard enough for sex. The extra blood stays there until just after climax (orgasm).



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 reach the tissue. So, the penis stays soft. This is ED. There are many causes of ED. They include health problems, medication side effects, and surgery. Emotional issues can also lead to ED, but the cause is often physical.

Injections Can Help

Penile self-injection is a simple treatment that can help manage ED. The injected medication relaxes blood vessels in the penis. Blood can then flow freely into the penis and cause an erection.

There's Help for ED

If you have concerns about ED, see your doctor. ED is a common problem that can be treated. Penile self-injection is an option that works well for many men. Your doctor can explain how the treatment works and what to expect. He or she can also help you learn more about ED and other options you may have. By taking steps to manage ED, know that you can get back to having a more satisfying sex life.



Also available in Spanish

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PENILE SELF-INJECTION



A Treatment for Erectile Dysfunction

How to Do Penile Self-Injection

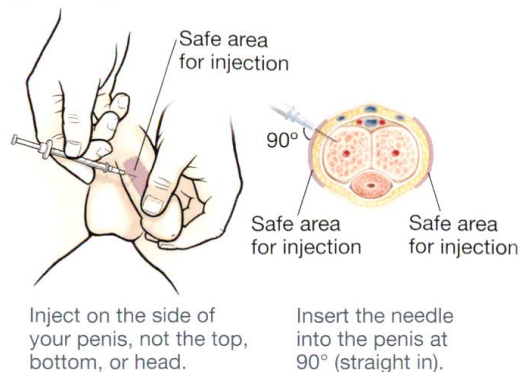
Erectile dysfunction (ED) is a problem getting or keeping an erection firm enough for sex. Self-injection is a treatment for ED. A tiny needle is used to inject medication into the penis. This helps the penis get firm and stay that way long enough for sex. Your doctor will teach you how to do self-injection the first time. With practice, it will get easier. Follow your doctor's instructions and the simple steps in this brochure.

Preparing for Injection



1. Wash your hands 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 the side of your penis. (Safe areas to inject are indicated on the images to the right.) Choose 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.

Injecting the Medication



1. Grasp the head of your penis firmly with your thumb and forefinger. Stretch the penis so the skin on the shaft is taut. (Don't just pinch the skin.)
2. Hold the syringe between your thumb and fingers, like you're holding a pen. It may help to rest your forearm on your thigh for support.
3. Insert the needle at a 90-degree angle with the shaft. (The needle should go in easily. If it doesn't, stop right away.)
4. Move your thumb to the plunger. Press down gently to inject the medication.
5. Remove the syringe and dispose of it safely.

Gaining an Erection

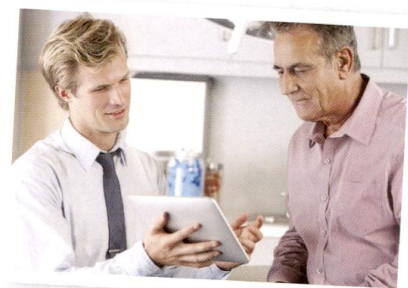
1. Apply pressure to the injection site for a few minutes. This prevents swelling and bruising. It also helps spread the medication.
2. Your penis should become firm within 5 to 20 minutes.

Notes About Self-Injection

- Mild burning may occur 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 into the side of your penis. Be sure to inject into a different spot each time.
- Don't combine this treatment with other medications for ED.
- Don't use this treatment if you have a bleeding disorder or any risk of infection.

Work with Your Doctor

Ask your doctor about the dosage of your medication and how often you can safely repeat injections. You and your doctor will talk about follow-up visits and how to get supplies. If the medication doesn't work or stops working for you, tell your doctor.



Call the Doctor If You Have:

- An erection that lasts more than 4 hours
- Severe pain or bleeding
- Redness, lumps, swelling, scarring, or curving of the penis

