

TRIMIX SELF-INJECTION INSTRUCTIONS & INFORMATION

Detailed Procedure

GETTING SET UP

- A. Proper hygiene is important. Wash your hands and keep the penis clean.
- B. Assemble the following:
 - 1. Bottle of Trimix
 - 2. Alcohol Pad
 - 3. Syringe
- C. Keep the Trimix cold by returning the bottle to the refrigerator.

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 (see figure 1).
- 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 (see figure 2).

PREPARE THE SYRINGE

- E. Tap the side of the syringe (1cc tuberculin syringe with a 29-gauge needle) to allow any air bubbles to float towards the needle.
- F. Avoid having these air bubbles in the syringe when self-injecting by first injecting out the collected bubbles that may form.
- G. Remove the needle from the bottle and replace the protective cap on the needle.

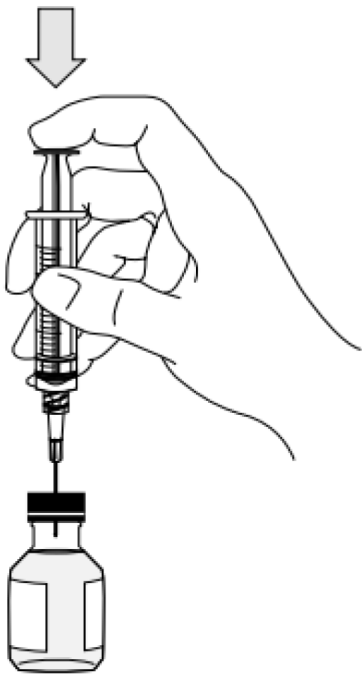


Figure 1. Injecting air into the vial

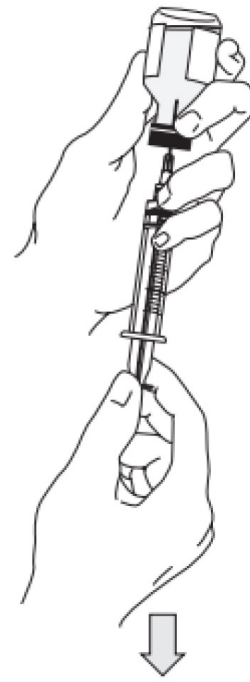


Figure 2. Withdrawing the medication

SELECT AND PREPARE THE SITE FOR INJECTION

- A. The proper location for injection is at the 9-10 and 1-3 o'clock positions, between the base and mid-portion of the penis (see figure 3). Avoid the midline 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.

SELECT AND PREPARE THE SITE FOR INJECTION

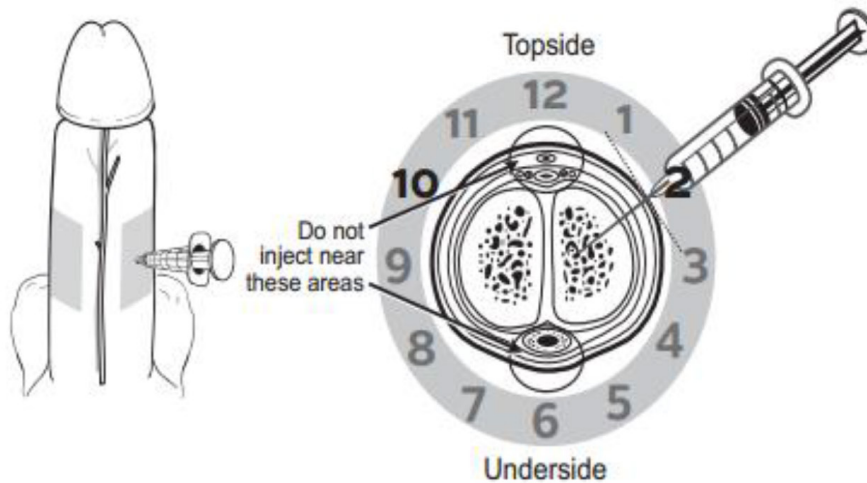


Figure 3. Choosing an injection site

- B. Grasp and pull the head of the penis toward the side of your leg with the index finger and thumb (use the left hand, if right-handed). While maintaining light tension, select a site for injection.
- C. Clean the site with an alcohol pad.

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 the hub. Slight resistance is encountered as the needle passes into the proper position within the erectile tissue (corporeal body).
- B. Inject the Trimix over approximately 4 seconds. Withdraw the needle from the penis 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 on aspirin.
- C. Replace the cap on the needle and dispose of properly.
- D. Do not use Tri-mix Injection more than 3 times a week; use at least 24 hours apart.

ADVERSE EFFECTS

Mild to moderate pain during injection; painful sensation with erection; small amount of bleeding at the injection site. Call the Men's Health Clinic if you notice any redness, lumps, swelling, tenderness or curvature of the erect penis. If you experience an erection lasting more than 1 hour, inject 0.3 ml of antidote into penis and apply an ice pack. If your erection does not go away within the next hour, seek professional help immediately.

Although infrequent, a more serious side effect of the injection may include priapism (an erection lasting more than four hours) and must be treated immediately to prevent further complications if diagnosed. Erections that last more than 6 hours can cause serious damage to the penile tissue.

STORAGE

Store dry powder at 20°C to 25°C and away from heat, moisture and light. Once reconstituted keep this medicine in a refrigerator between 2°C to 8°C. Keep all medicine out of the reach of children. Throw away any unused medicine after the beyond use date. Do not flush unused medications or pour down a sink or drain.

IMPORTANT THINGS TO REMEMBER

The needle must never touch any object other than the alcohol-wiped ampule stopper or penile skin. If the needle is contaminated, throw out the syringe and start over.

Do NOT insert a contaminated needle into the ampule.

Do NOT inject any substance other than the medication provided.

Do NOT share needles or medications with other people.

Go to the emergency room for erections that last more than three hours.