

# Tri-mix Therapy for Erectile Dysfunction

*Tri-mix contains 3 medicines (alprostadil, phenotolamine, and papaverine) that work together to increase blood flow to the penis to produce an erection. This therapy, given as an injection, makes it possible to have sex.*

## When is Tri-mix used?

Tri-mix is usually ordered by your doctor when other devices or medicines have not worked or have caused side effects.

## Will Tri-mix work for me?

Tri-mix works in about 9 out of 10 men. Unlike oral medicines, Tri-mix injections trigger an automatic erection. The injection can be given 5 minutes before sexual activity and the effects should last no more than 1 hour.

## How do I give myself a Tri-mix injection?

You will inject Tri-mix into your penis using a small needle. Follow the step-by-step instructions below.

### Step 1

- Gather alcohol pads, syringe with needle, medicine, and sharps container.
- Wash your hands.

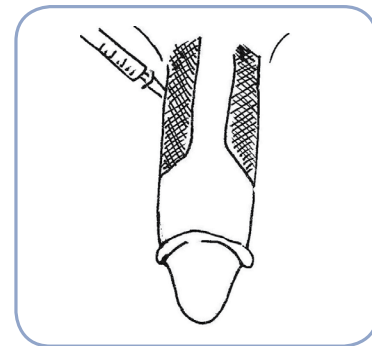


### Step 2

- Wipe the rubber top of the bottle with the alcohol pad.
- Fill the syringe with air equal to the dose, insert needle into the rubber top, inject the air, and turn the vial upside down.
- Fill the syringe with medicine to ordered dose.
- Tap the side of the syringe so that air bubbles float to the top. Push out the bubbles before use.
- Remove the needle from the bottle, and replace the cap on the needle.

### Step 3

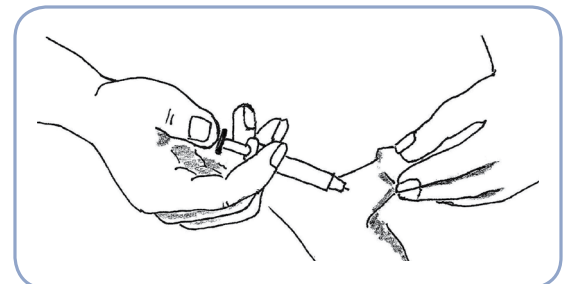
- Locate an injection site between the base and mid portion of penis at 9-11 or 1-3 o'clock.



- Avoid any visible veins or arteries on the surface.

### Step 4

- Clean the site with an alcohol pad and allow the alcohol to dry.
- Remove the cap from the syringe.
- Pull the head of the penis towards the side of the leg.



- Insert the needle into the skin at a 90 degree angle.
- Inject the contents of the syringe over a few seconds and withdraw the needle.

## Step 5

- Discard the needle and syringe into a sharps container.
- Apply pressure at the injection site with an alcohol pad for a minimum of 2 minutes to prevent bleeding or bruising.



## Who can I call if I have questions about this medicine?

Call Intermountain Homecare & Hospice at 800-527-1118 or 385-887-6000, and ask for the pharmacy.

## Why didn't the Tri-mix work?

There are 2 main reasons that the injection didn't work for you. You may have either injected:

- **The Tri-mix into the wrong location:** Review the injection instructions on page 1.
- **An inadequate dose:** Contact your doctor to see if the dose or medicine mixture needs to be changed.

## What side effects might I experience?

The **most-common** side effects are pain and bruising. The **least-common** side effects (most likely with long-term use) are:

- Hard bumps on the penis
- Curvature of the penis

**A rare but serious side effect is priapism** (an erection that lasts for more than 2 hours). If this occurs:

- **Take 120 mg of pseudoephedrine by mouth.** This is available without a prescription, but you must ask the pharmacist for it since it is stored behind the counter.
- **If symptoms continue** 1 hour after taking pseudoephedrine, call your doctor and go to the emergency room.



## When should I call or see my doctor?

Contact your doctor if you are thinking of stopping your medicine OR when you have:

- Questions about how to take the medicine
- An inadequate response
- Side effects that are bothersome
- Symptoms of priapism



## Questions for my doctor

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