Injection Safety Card

FREE BONUS 4 · FROM PILLS TO IMPLANTS BY NELSON VERGEL

Priapism is an erection lasting more than four hours that ejaculation does not relieve. Trapped blood stops circulating and the tissue starts to die (Chapter 21).

ERECTION OVER 4 HOURS?

This is priapism, a medical emergency.

Go to the emergency room now. Do not wait.
Tell staff: "I use penile injection therapy."
Medication: _____
Dose and time injected: _____

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My plan (fill in with your prescriber)

Prescriber: _____ Tel: _____
Nearest ER: _____
What my doctor wants me to do at 2 to 3 hrs:
_____
Never re-inject in the same session.
Never combine with Viagra, Cialis or similar.

Cut along the dotted lines, fold, and keep it in your wallet.

What the book says to do

1 Plan ahead, at your first visit
Ask your prescriber what he wants you to do if an erection lasts too long and what to keep at home. Get it in writing before you need it.

2 At 2 to 3 hours
Follow your prescriber's written plan. The book reports that many ExcelMale members take behind-the-counter Sudafed (pseudoephedrine), which requires asking the pharmacist and showing ID. It is a stimulant. Ask your prescriber first whether it is safe for you.

3 If it has not gone down within about an hour of that
Go to the emergency room. Tell the doctor you use Trimix or a similar injection. Do not feel embarrassed: emergency physicians see this.

4 On the way
Ice packs and walking sometimes help. Treat them as things to do on the way to the hospital, not instead of going.

How to prevent it

- ☐ Establish your dose in a clinic, with medical supervision
- ☐ Start at the lowest dose and increase slowly
- ☐ Never re-inject during the same session
- ☐ Never combine with an oral PDE5 inhibitor (tadalafil lasts the longest)
- ☐ Do not reuse a dose that gave an erection lasting well over two hours
- ☐ Know your nearest emergency department before you start, and treat the four-hour mark as a hard deadline

Higher risk: men with sickle cell disease, other hemoglobin disorders, leukemia or a past priapism need a specialist evaluation before starting injections at all.

Educational only, not medical advice. Decisions about treatment belong with you and your clinician.
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