



How to Prevent and Treat Priapism

What is Priapism?

Priapism is an involuntary erection which lasts more than 4 hours and is unrelieved by ejaculation. This condition is a true urological emergency and early treatment allows the best chance for functional recovery.

How to prevent priapism when taking Tri-Mix or other penile injection therapies (ICP):

NEVER take Tri-Mix or any ICP injection within same 24hr period as Viagra/Cialis/Levitra or other ED meds.

Start LOW and go SLOW with your dose. Never start higher than 0.05mL (5 units on syringe) for the FIRST injection. Then gradually increase from there for optimal results.

If you experience priapism, or an erection lasting longer than 2 hours:

Nonpharmacologic measures should be attempted first and may be implemented in conjunction with one of the pharmacologic treatments listed below.

- Apply ice to perineum/scrotal area- If an icepack is not available, you can use a frozen bag of fruit or vegetables.
- Walk or jog upstairs - This can help redirect blood flow from the penis.

Pharmacologic measures:

- Over-the counter (OTC) medication options (select one)
 - Sudafed with pseudoephedrine - take 30mg orally. Note: federal regulations require medications containing pseudoephedrine be sold behind the pharmacy or service counter. Patients will need to provide a valid photo ID to purchase this medication.
 - Benadryl - take 25mg-50mg orally

If you experience priapism, or an erection lasting longer than 3 hours:

Pharmacologic measures:

- Prescription (Rx) medication options:
 - **Phenylephrine HCl 0.1%** - Inject 0.25ml into the penis every 3-5 minutes or up to a dose escalation of 1,000 mcg (1mL) for up to one hour until detumescence occurs. After injection, the puncture site should be compressed and the corpora cavernosa massaged to facilitate drug distribution. If you have been prescribed Tri-Mix or any other ICP injection and are concerned about priapism you may request a prescription for Terbutaline to have on hand.
 - **Terbutaline-** 10mg once, then take another 5mg-10mg 15 minutes after the first dose only if needed. If you have been prescribed Tri-Mix or any other ICP injection and are concerned about priapism you may request a prescription for Terbutaline to have on hand.

If you experience priapism, or an erection lasting longer than 4 hours:

If these steps do not work and erection has been present for 4hrs and/or is exquisitely painful then immediately visit the ER for treatment.

If you experience lumps, swelling, tenderness, or curving of the erect penis, contact your physician.