

Trimix Patient Information Sheet



How to Use Trimix

Your pharmacist will provide you with a Trimix injection kit with the following supplies.

- Your Trimix vial
- Insulin Syringe (29-31 gauge, ½ inch needle, or as prescribed)
- Alcohol swabs
- A sharps container.

After setting up the supplies you need, here is how to fill the syringe with your dose.

- Wash your hands with soap & water & dry them.
- Take the Trimix vial out of the refrigerator and remove the inner metal cap on the top of the vial. Use an alcohol swab to clean the rubber top of the vial & the area of the penis where it will be injected. Let everything air-dry for a few seconds.
- With the syringe, draw up **air equal to the dose you'll inject (ex: 0.1mL of air for 0.1mL of dose)**
- Insert the needle straight through the rubber top of vial and inject **the air** into the vial.
- Turn the vial & syringe upside down and draw up your dose.
- Carefully check for air bubbles in the syringe and gently tap them towards the top and push them out.

After filling up the syringe with your dose you will inject it in the following site(s).

- While either standing or sitting, gently stretch the penis out away from your body so its straight and place against the side of your leg.
- With your dominant hand, hold the needle like a pencil and inject the syringe into the side of the penis shaft closer to the base at a 90 degree angle. It should take 4-5 seconds to inject the dose.
- After injecting, wait 1-2 seconds then withdraw the needle straight out and immediately press a clean alcohol pad over injection site.

After injection:

- Apply gentle but firm pressure with your finger and alcohol swab for about 2-5 minutes to prevent bleeding/bruising.
- Dispose of syringe in sharps container

Follow the QR code for an in depth video tutorial on administration:

What is Trimix & How does it Work?

Trimix is a medication used to treat erectile dysfunction (ED). It is a mixture of **three** different medications; Alprostadil, Papaverine, and Phentolamine. These medications work in tandem to increase blood flow to the penis, which helps create and maintain an erection. Trimix is given as a very small injection directly into the side of the penis using a tiny needle.

Counseling Points

- Trimix should be stored in the **refrigerator**.
- Do not use more than **1 dose** in **24 hours**.
- Do not use more than **3 doses** per **week**
- **Never inject the top or bottom of the penis.**
- **Avoid injecting into veins.**
- **Rotate injection sites.**
- Medication should begin to take effect within 5-15 minutes.

Side Effects

Most common side effects are mild and can include:

- Mild pain at injection site
- Redness, small bruise or swelling at injection site

Less Common but important side effects are:

- Prolonged erection lasting longer than 3 hours (call you doctor)
- Curving or scarring of penis over time (rare, usually from injecting in the same site repeatedly)

