

BMDA Instructions for Penile Self Injections (Trimix or Bimix) Solution General Urology Clinic

Home Care

1. You are currently using _____ units Trimix/Bimix. The concentration of each ingredient is: _____ mg/mL of Papaverine, _____ mg/mL of Phentolamine, and _____ ug/mL of PGE1 (prostaglandin).
2. You should inject no more than 3 times weekly.
3. You **MUST** wait at least 24 hours between injections.
4. The most common side effect of this medication is mild to moderate pain. You may see a small amount of bleeding at the injection site.
5. If you have an erection that lasts longer than four hours, you need to call our clinic immediately or go to Emergency Room.
6. If you do not get an erection after injecting the medication, **DO NOT REINJECT**. You must wait 24 hours before trying again.
7. Syringes can be used one time only. Dispose the syringes carefully in an appropriate **biohazard** container after use. Do not dispense in regular trash.
8. To prevent scar tissue build up, it is best to rotate or alternate the injection site from side to side.
9. **DO NOT** increase the dose of your medication without calling our urology clinic first.

Special Instructions

- Call if you have any questions or concerns regarding treatment.
- If you are on blood thinners, apply pressure for 5 minutes
- Keep medication in refrigerator and in the box in which you received it.
- You will need to call the specialty pharmacy for refills.

Follow-up Care

We will continue to see you in clinic for follow-up.

Emergency Center

In case of any emergency, call 911 or go to the nearest emergency center.

For non-emergencies during business hours, call our triage line at 904-202-7300 option 3.