TriMix Gel Patient Instructions

Introduction
Your physician has prescribed a TriMix Gel for you. This pamphlet will explain what you should know about using TriMix Gel.

Dosing of the TriMix Gel
Your dose should be based on your physician’s order. These instructions are printed on the label from the pharmacy and are likely expressed in a range. You can insert the gel once every 24 hours or as recommended by your physician, either for the purpose of having sexual intercourse or for rehabilitation purposes. Use of the gel does not need to be associated with sexual intercourse. If the gel is being used for rehabilitation purposes, it is advisable to use it the maximal number of times each week even in the absence of sex.

Storing the Medicine
- Your medication should be stored in their separate containers until ready for use.
- Your medication should be stored at room temperature 22 °C (72 °F).
- Do not use the medication after it has expired as indicated on the prescription label.
- Safely discard any unused portion of combined product 24 hours after it has been mixed together (reconstituted).

Included in Your Shipment:
The number of syringes you receive will vary based on the quantity purchased or the quantity your insurance company allows

- Two types of syringes
  - the amber syringe containing the gel vehicle
  - a clear luer lock syringe containing a dry active ingredient

- Clear syringe connector

- Urethral Applicator tips (sterile)

Call a Boothwyn Pharmacy Pharmacist at (800) 476-7496 to provide you with troubleshooting techniques and advise you on next steps. The patients that achieve the best success work closely with a Pharmacist.
**Syringe Preparation:**
1. Wash your hands.
2. Remove the caps at the top of the syringes.
3. Place the syringe tip ends together and twist the devices tightly together at the top openings using clear syringe connector.
4. Alternately use your thumbs to push the powder and the gel back and forth until the mixture is combined.
5. This should take about 10-20 repetitions before the mixture is completely combined.
6. After the gel and powder are completely mixed, push the mixture back into the clear syringe.
7. Separate the devices by gently unscrewing them.
8. Discard the empty amber syringe.
9. Attach the Urethral Applicator Tip to the syringe containing the gel by screwing the tip firmly to the opening.

**Insertion of the Gel into the Urethra (How to Use):**
1. Hold the penis straight with one hand.
2. Hold the plunger in the other hand.
3. Place the Urethral Applicator Tip directly and firmly over the urethra opening to prevent leakage.
4. Do NOT allow the Urethral Applicator Tip to penetrate the urethra tube.
5. Firmly depress the plunger to allow the mixture to enter the urethra.
6. Once all of the medicine is out of the syringe and into the urethra, pinch the opening of the urethra closed to ensure that all of the medicine goes into the urethra tube.
7. During this period of time, massage the glands while pinching the urethra closed to stimulate the penis.

**Results:**
- Blood flow should increase into your penis within 5-15 minutes.
- Your physician may have prescribed the TriMix Gel for the purpose of penile rehabilitation and the goal at this point may not be an erection sufficient for sex. There may be value to regular use of the gel even if it does not produce an erection sufficient for sexual intercourse.
- If you do not experience desirable results from the gel, do NOT reinsert more gel and do NOT use Bimix or TriMix injection.
- Wait 24 hours before reattempting.

**Possible side effects:**
If you experience any of the following symptoms call your doctor immediately:
- Erection lasting more than 4 hours
- Redness, swelling, testicle or groin pain
- Any penile bleeding or spotting
- Dizziness
- Palpitations
- Flu like symptoms
- Headache

**Female partner side effects:**
- Vaginal burning
- Vaginal itching

**Precautions:**
Tell your doctor and pharmacist if you are allergic to alprostadil/prostaglandin or any other drugs.
Tell your doctor and pharmacist what prescription and nonprescription medications you are taking.
Tell your doctor if you have or have ever had anemia, bleeding disorders, sickle cell disease, leukemia, cancer, or kidney or liver disease.

**Important Reminders:**
- If you experience burning or aching, it is important to know that you have not harmed or hurt yourself. This is a known adverse reaction that is fairly common and it will resolve on its own.
- Do not use TriMix gel for sexual intercourse with a pregnant woman or woman of childbearing potential, unless using a condom barrier to prevent the female partner from exposure to the medication.
- Do not exceed the prescribed dose of medication since it may cause a painful erection known as priapism.
- Prolonged erections may cause penile damage and permanent, irreversible erectile dysfunction. If you experience a prolonged erection, return to the clinic or go to the emergency room.
- Do not take Viagra, Levitra, Staxyn or Cialis the same day that you are planning to use TriMix gel unless instructed to do so by your physician.
- If you experience persistent pain, swelling or fever, you may have an infection. Please contact your doctor as soon as possible.