

What You Need to Know About Your ICP Program



- 1. The goal of ICP is to induce an erection sufficient for sexual intercourse.** Optimal benefits are achieved when used several times a week and the induced erections last 30-60 minutes each time, whether or not ejaculation occurs. You can continue with lovemaking after ejaculation.
- 2. Your ICP prescription is tailored to your specific condition** and must NEVER be shared with, or used by any other person.
- 3. Do not alter the dosage unless otherwise advised by your physician.** Use your medication as often as recommended, but not more than once a day, three times a week.
- 4. Your medication has a shelf life of 6 months if kept in the fridge or 12 months in the freezer.** It will be shipped to you in a cool box packed with ice via FedEx or UPS. Place the medication in the cold compartment of your refrigerator. If it comes in more than 1 vial, you can keep the rest in the freezer to extend its shelf-life. Be sure to place the vial back in the refrigerator immediately after each use. If you wish to travel with your medication, make sure you keep it cold by placing it in a thermos filled with ice. Replace the ice daily.
- 5. Your vial may contain more medication than prescribed.** Discard the medication after the expiration date even if it appears to be effective.
- 6. Should you experience a prolonged erection,** follow the directions in the document titled "Instructions In Case Of A Priapism". It must be treated with urgency to prevent damage. Your physician shall adjust the ICP formula to prevent further occurrence of this problem.
- 7. Should you experience an ICP-induced erection insufficient for sexual intercourse,** there are two possibilities: the injection technique may be faulty or the ICP formulary may need to be adjusted. Please review the instructions and try ICP again on another day. Should you again fail to achieve the expected result, contact our Patient Services Department at **1-800-616-1526 for further assistance.**
- 8. Should you develop a lump or curvature in your penis,** you may have either developed scarring or fibrosis (an uncommon complication of ICP), or you may have had a pre-existing scar prior to ICP application which has now become more pronounced. Please discontinue ICP and promptly schedule an appointment with an urologist for further care.

Instructions in Case of a Priapism

What Is A Priapism?

A priapism is a rigid erection with little or no flexibility lasting more than 2 hours. If left untreated, it may cause pain and potentially tissue damage if not promptly reduced. A priapism occurs as a result of over-reaction to a specific combination of vasodilators.

Patients on ICP are responsible for its proper use and for taking all necessary steps to promptly resolve such complication should it occur.

What Do I Do If I Experience A Priapism?

After two hours of an unrelenting, 100% full erection, the following measures must be taken without delay:

- A.** Stop all forms of sexual stimulation.
- B.** Take 120 mg of Sudafed (or pseudoephedrine, a common OTC medication), and wait for 30 minutes.

If your erection has not subsided, take another 60 mg and wait for another 30 minutes.

Note: Please ignore this step if you are taking medication for high blood pressure, or have a condition of an irregular heartbeat called Atrial Fibrillation or Ventricular Tachycardia.

- C.** Take a warm bath or Jacuzzi for 20 minutes.
- D.** Take a brisk walk or jog on the spot for 20 minutes, if possible.

LAST RESORT:

If the above measures fail, and the erection remains full at 4 hours, take the “reverse medication” called phenylephedrine. It is provided at 1 mg/ml in a 5 ml vial. Please withdraw 0.5 ml (50 units) and inject into the penile shaft exactly the same way as you would with ICP. You might experience some palpitations that may last a few minutes. **Repeat this step after 20 minutes if necessary.**

**If that does not work and the erection remains full,
you must proceed to the nearest Emergency Room immediately.**

Once settled, please call the Patient Services Department at **(800) 616-1526 to report the incidence.**

The physician will then adjust your medication to a different combination to prevent this from happening again.