

What You Need To Know About Your ICP Program



1. Your ICP Program is valid for ____ months from the date of delivery, and ends on ____/____/____. During this time, you will be provided with medical supplies for up to 10 applications a month, and all necessary in-office medical care.

2. The goal of ICP is to induce an erection sufficient for sexual intercourse. The benefits of ICP are optimal when used several times a week, and the induced erection typically lasts 30-60 minutes each time, whether or not ejaculation occurs. You can continue with lovemaking after ejaculation. Doing so is useful in helping men achieve and improve their ejaculatory control, as well as maintaining good circulation and elasticity of the penile tissue.

3. Your ICP prescription is tailored to your specific condition and must NEVER be shared with, or used by, any other person.

4. How is medication delivered?

If your shipment is going to the clinic address, we will contact you as soon as it arrives and you'll need to pick it up within a few days.

If it is going to your personal address, you'll need to be available to receive the package. Otherwise, you will be responsible for the costs of its replacement.

5. Tips to Extend the Beyond Use Date

1. The package should arrive with ice packs. Medication must be refrigerated to maintain its potency.
2. If your prescription is for one vial of medication, please immediately store it in the refrigerator. The expiration for medication is noted after the "Discard After" section on your label.
3. If your prescription is for more than one vials of medication, place the vial you plan to use into the refrigerator, and place the remaining vials into the freezer and kept frozen (0°-31°F). When stored frozen, the medication has a beyond-use-date of 6 months. When you remove the vial from the freezer and thaw it for use, a new expiration starts for that vial. It has 60 days from the day you thaw it. This vial should not go back into the freezer, but should remain in the refrigerator for use. Leave the remaining vials in the freezer to prolong their expirations.
4. Repeat this procedure of freezing/thawing for all other vials

6. DO NOT alter the dose of your medication. Use your medication as often as recommended, but not more than once a day, four times a week. Your vial may contain more medication than prescribed.

Discard the medications after the expiration date even if it appears to be effective.

7. Should you experience a prolonged erection, follow the directions in the document titled "Instructions In Case Of A Priapism." Make every effort to contact the treating physician, and the emergency room without delay. If you must go to the Emergency Room, take the "Hospital Referral Letter" with you. A prolonged erection will not go away on its own. It must be treated with urgency to prevent irreversible damage. Your physician shall adjust the ICP formula to prevent further occurrence of this problem.

8. Should you experience an induced erection insufficient for sexual intercourse, or an erection that is not as strong and long lasting as reasonably expected, the injection technique may need to be rectified. You will need to review the instructions and try ICP again on another day. Should you again fail to achieve the expected result, you will need to consult the treating physician by contacting our Patient Service Department at 888-779-2276 and return to the office **within 2 weeks** of commencement of ICP. During such visit, your injection technique will be reviewed and, if necessary, the strength of your medication will be adjusted.

9. Should you develop a lump or curvature in your penis after using ICP, 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 now becomes more pronounced as a result of the induced erection. If this occurs, discontinue ICP and promptly schedule an appointment for further evaluation.

10. While you are on ICP, your first follow up visit is 2 weeks after commencing therapy and then every 6 months, or as often as advised by your treating physician. Once ICP protocol is established, telephone refill of ICP is allowed up to one year since you were last seen by the physician.

You should also inquire if Testosterone Therapy can be beneficial to you.

Instructions In Case of a Priapism



What Is A Priapism?

A priapism is a rigid erection with little or no flexibility lasting for more than 2 hours. If left untreated, it may cause pain after several hours. It can potentially cause damage if not promptly reduced. In the context of ICP, a priapism occurs as a result of over-reaction or being over-sensitive to a specific combination of vasodilators. For this reason, **ICP should only be initiated and maintained under strict medical supervision by an experienced physician.**

Patients on ICP are responsible for its proper use and for taking all necessary steps to promptly resolve any complications that may occur. The purpose of this document is to educate you about the possibility of a priapism and to give you specific instructions to follow.

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 irregular heart beat 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

If the above measures fail, please contact your treating physician immediately 24/7 by calling our Patient Services Department.
(888) 779-2276

Your treating physician will meet you at the clinic and apply a medicine called phenylephedrine to reduce the erection. This is applied in the same way as the diagnostic dose. Other intervention may be required. The physician will then adjust your medication to prevent this from happening again.

In the unlikely event that you cannot contact your treating physician, you must go to your nearest emergency room **immediately**. Take the Hospital Referral Letter given to you during your visit. Keep contacting your treating physician so that communication can be established with the ER staff.