

## **PRIAPISM (Prolonged Erection)**

Priapism is an abnormal erection where the penis remains continuously erect. It can occur at any age and may be the result of treatments taken or injected for the treatment of erectile dysfunction, trauma, or blood disorders. It can be a result of blockage of the drainage veins, or rarely as a result of an abnormal connection from the arterial system known as a fistula. This can cause high pressure filling of the penis. "Sludging" of the blood within the penis can cause permanent damage to the tissues that are starved of oxygen.

The most common cause of priapism is the use of penile injection treatment. This usually occurs as a result of too high a dose being given, but some individuals are very sensitive to the drugs used and the first few doses are the most unpredictable.

It is not a priapism if you have a semi erection for more than 2 hours, the erection that is a problem is one that lasts 2 hours and is **ROCK** hard 100%.

If an erection remains **ROCK** hard, is painful, and has **lasted longer than two hours** you **must** follow these instructions:

- **Avoid** any further sexual stimulation
- **Empty** the bladder
- Take **2 x 60mg tablets of pseudoephedrine** (e.g. Sudafed)
- **30 minutes after taking the tablets exercise** by walking up and down stairs, brisk walking for 15-30 minutes
- If the erection has still not subsided, **take a hot shower** and then place a **cold/ice pack** over the penile shaft
- If erection **remains ROCK hard for one hour after completing these steps, then repeat steps 1 to 5.**

If despite following the above instructions the erection has failed to subside and been present for **4 hours**, then **contact one of our practitioners on: Melissa 0429 397 173, Kendall 0449 191 389 or Kate 0400 928 783.** If you have any difficulty contacting any of the practitioners listed, then you **MUST attend the Emergency Department** at one of the major hospitals.