

# Penis pump (Engelse versie)

A penis pump, also called a vacuum pump or erection pump, can be used for multiple purposes. This brochure explains how to use the vacuum pump, what to look out for and how to purchase the pump.

## What is the purpose of a penis pump?

There are several reasons to use a penis pump. You have discussed with your healthcare provider what this reason is for you. Below you can read instructions for using the penis pump in your situation.

### Erectile dysfunction

A penis pump is a tool to get the penis erect when you want to be sexually active. This can, if necessary, be combined with the use of erection-enhancing medication such as Viagra (Sildenafil) or Cialis (Tadalafil). You can combine the pump with a pressure ring/cock ring.

### Peyronie's disease

In the active phase of Peyronie's disease, the penis pump helps the penis to remain as straight as possible. It will not completely correct the curvature of the penis. Use the pump at least 2 times per day for 15 minutes. Build up the number of minutes gradually: in the beginning it will feel painful/uncomfortable. Do not exceed a pain threshold. You will notice that the pain becomes less the more you use the pump.

### Maintaining length and vitality

Normally a man has 4-5 erections per night. This keeps the erectile tissue vital. If these nocturnal erections are missing, you can imitate them with the penis pump to keep the penis 'fit'. To do this, use the pump at least 5 times a week for 10 minutes. You gradually build up the number of minutes and do not exceed a pain threshold.

## How does a penis pump work?

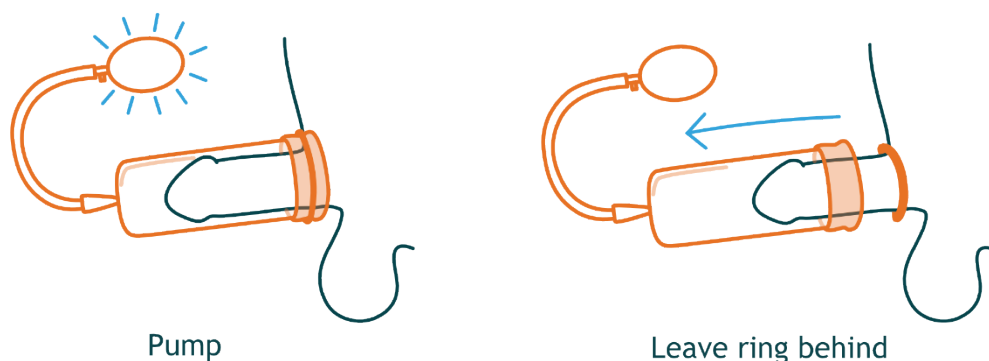
The penis pump is a hollow tube (cylinder) with a pump at the top and an elastic pressure ring at the bottom. The cylinder is placed over the penis until the bottom presses firmly against the base of the penis. By creating a vacuum, the erectile tissue fills with blood and an erection occurs.

### Pressure ring

Once a good erection has been achieved, the pump can be removed. To maintain the erection, it is best to use a pressure ring (also called a cock ring). You slide a pressure ring from the shaft of the pump to the back of the penis. Make sure that the ring is completely at the base of the penis. The ring ensures that the erection is maintained, the ring also intensifies the orgasm and prevents urine loss. **Leave the ring on for a maximum of 30 minutes.**

The penis pump often comes with these pressure rings (also called cock rings) in different sizes. If the supplied rings do not fit properly, you can also buy them separately. The adjustable rings are easy to use and always fit. There are also rings with a vibrating part to stimulate the partner.

Advice regarding the use of the rings: work from large to smaller. In the beginning it hurts if you use a ring that is too tight, you will get used to that too.



## Purchasing a penis pump

### Price and quality

Prices vary between 20 and 120 euros. There is hardly any difference between the penis pumps offered via erotic shops and the medical versions, except for the appearance and durability. However, the medical pumps are a lot more expensive (250 euros).

### Order online

You can order the penis pump via the internet, such as via: [bol.com](http://bol.com), [depaarsekeizerin.nl](http://depaarsekeizerin.nl), [easytoys.nl](http://easytoys.nl) and [willie.nl](http://willie.nl). The medical pumps can be ordered via [erectiepomp.nl](http://erectiepomp.nl).

## **Manual versus automatic**

A manual pump is often stronger than an electric pump, and the pressure can be regulated manually. Pumps with and without a pressure gauge are available. Manual penis pumps are cheaper than automatic pumps.

With an automatic pump, the vacuum is obtained automatically, whereby you can set the desired pressure with a pressure gauge. If you suffer from urine loss, this pump is not recommended because urine can affect the electronics.

## **Advice for purchasing**

The pressure ring should be made of flexible material so that it seals well.

Tip: buy a set of silicone rings so that you can work from large to small.

If necessary, order a water-based lubricant to ensure that the ring fits well on the body.

Do you suffer from urine loss? Then using a ring during sex is also helpful for holding back urine. Using a condom is another option.

Unfortunately, health insurance does not offer reimbursement for the above aids.

## **More information**

Many answers can be found on [sickandsex.nl](http://sickandsex.nl) via this link:

[www.sickandsex.nl/pomp-vacuumpomp](http://www.sickandsex.nl/pomp-vacuumpomp)