

Androskat injection therapy (Engelse vertaling)



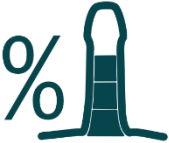
You are going to start Androskat injection therapy. In this brochure you can read the concise version of the instructions given.

Preparing the syringes

- Work cleanly and safely: wash your hands and work on a clean surface. Watch out for glass shards from the ampoule and sharp needles.
- One an ampoule has been opened, all the liquid should be drawn into syringes.
- Divide the first ampoule into 5 syringes: 2x 0.25ml - 2x 0.5ml - remainder.
- The complete instructions can be found at www.sickandsex.nl/androskat-injectietherapie

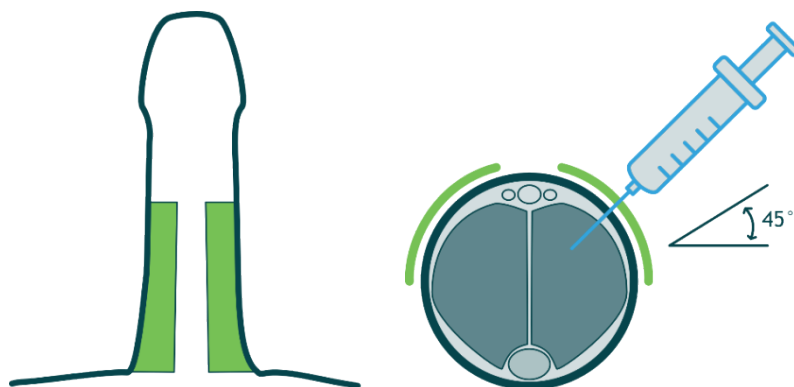
Building up the dosage

- The goals of Androskat injection therapy is to induce an erection that is rigid enough for penetration without lasting too long. The dosage that works well differs per person, so it must be built up slowly.
- You always try a dose twice and monitor the result (see table). Once you have found the right dosage, continue to use it.
- You can use the Androskat once every 5 days.

 How much	 How long	 How hard

How to inject

- Make sure the skin is clean.
- Alternate between injecting on the left and injecting on the right side of the penis.
- Be careful not to inject the large veins.
- Inject gently until the entire needle is in the penis.
- Inject the liquid slowly.
- Withdraw the needle and place your thumb on the injection site.
- Massage the liquid into the injection site, this will help spread the liquid.
- Throw away the syringe in the trash, the needle in the sharps container.



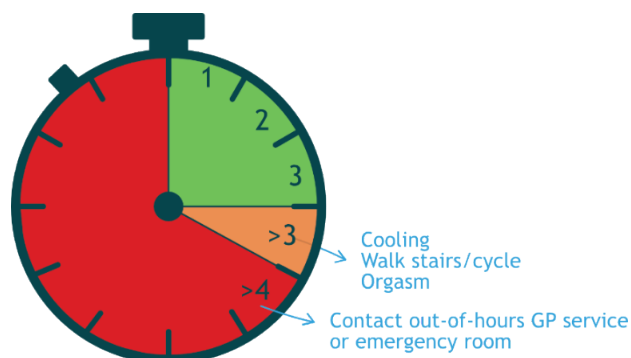
The effect

About 15 minutes after the injection, the Androskat will start working: an erection will occur and will last for approximately 1,5 hours. The degree and duration of the erection depends on the amount of medication and how your body responds.

What to do if an erection lasts too long

If an erection lasts too long, this is called priapism. A priapism can be dangerous for the penis and must be treated immediately. The following guidelines apply:

- If the erection lasts longer than 3 hours: cooling, climb stairs/cycle, induce an orgasm.
- If the erection does not go down and lasts longer than 4 hours: contact the GP post of emergency room at the hospital.



Information

If you are worried or have questions about a diagnosis, examination or treatment, it is best to contact your healthcare provider by sending him or her a message via the My File environment.

You can contact the Urology department's nursing consultation hours by telephone on 020 444 1103. The nursing consultation hours are from Monday to Friday from 8:30 to 9:30.

For urgent matters, you can contact the hospital:

- During office hours: call the nursing consultation hours 020 444 1103.
- Outside office hours: call the hospital's general number 020 444 4444 and ask for the urologist on duty.

You can also visit our website: www.amsterdamumc.nl → Specialismen → Urologie

Finally

Amsterdam UMC is a university medical centre where medical specialists are trained. They hold independent consultations and assist with operations. This may mean that you have an appointment with your urologist and meet another doctor. This is an assistant in training to become a specialist (AIOS). He or she works independently, but always under the responsibility of your urologist. If you prefer to speak to your own urologist, you can indicate this when you make an appointment. We will try to take your wishes into account.

This brochure contains general information. It is intended as additional information in addition to the conversation with your treating physician.