

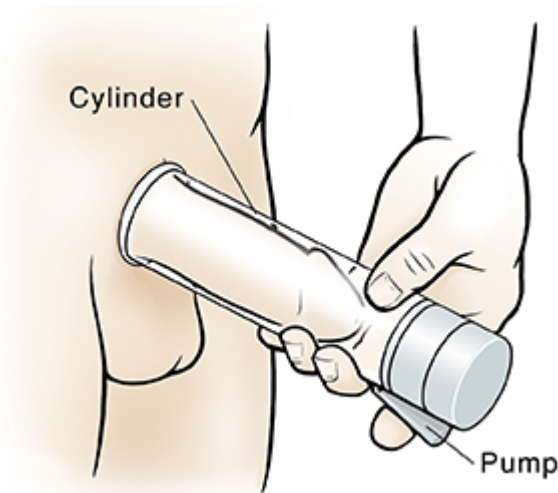
Using Vacuum Erection Therapy

The steps below show how to get and keep an erection with a vacuum erection therapy system.

Gender words are used here to talk about anatomy and health risk. Please use this information in a way that works best for you and your provider as you talk about your care.

Getting started

- Place the rubber tension ring on the open end of the cylinder.
- Apply water-based lubricant to the end of the cylinder.
- Put your penis into the cylinder. Hold the cylinder firmly against your belly (abdomen) to create a seal. Take care not to pinch the scrotum.

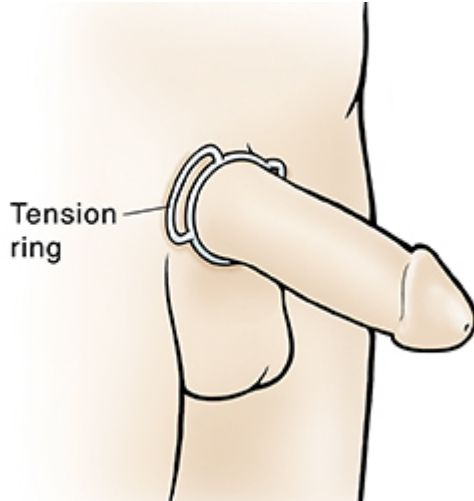


Getting an erection

- Squeeze the hand pump or turn on the electric pump. Blood will be drawn into your penis and your penis will become erect and firm.
- Follow the instructions you've been given for using your particular brand of pump.
- It may take some practice before you get optimum erections.
- When your penis is fully erect (often less than 5 minutes), roll the tension ring off the cylinder onto the base of your penis. The tension ring holds blood in your penis, creating an erection. The area behind the ring remains soft and flexible.
- Remove the cylinder from your penis.
- After no longer than 30 minutes, remove the tension ring from your penis. To do this, grasp the tabs on the ring and pull to stretch the ring.

Using the tension ring

- When your penis is fully erect (often less than 5 minutes), roll the tension ring off the cylinder onto the base of your penis. The tension ring holds blood in your penis, creating an erection. The area behind the ring remains soft and flexible.
- Remove the cylinder from your penis.
- After no longer than 30 minutes, remove the tension ring from your penis. To do this, grasp the tabs on the ring and pull to stretch the ring.



When to call your healthcare provider

Call your healthcare provider right away if you have any of the following:

- A very cold penis during erection (some coolness is normal)
- A black-and-blue or significantly darkened penis (some discoloration is normal)
- Pain while using the vacuum device or tension ring
- Lack of an erection or loss of an erection before the tension ring is removed

The tension ring may block ejaculation during orgasm. This is harmless, but **won't** prevent pregnancy.