

MUSE: Medicated Urethral System for Erection

What is MUSE?

MUSE stands for Medicated Urethral System for Erection. It is used to help a person form or keep an erection. MUSE contains a small pellet of medication that is put into the penis. The pellet is about the size of a grain of rice. Once you put in the pellet, you can expect an erection to form in 5-10 minutes. Your erection may last 30–60 minutes.

How to Put in a MUSE Pellet:

1. Before putting in the pellet, urinate (pee) and gently shake your penis several times to remove extra urine. If your urethra is a little wet, it will make it easier to put in the MUSE pellet.
2. Thoroughly wash your hands, then open the foil pouch by tearing across from the notched edge. Let the MUSE applicator slide out of the pouch. Save the pouch for later to throw away the used applicator.
3. To remove the protective cap from the stem (Fig. 1), hold the body of the applicator with your thumb and forefinger. Twist the body and pull out the applicator from the cap (Fig. 2). Be careful not to push the applicator button. To keep everything clean, try not to touch the applicator stem and tip. Save the cap for throwing away the applicator later.
4. The applicator is see-through. You will be able to see the pellet at the end of the stem. Make sure that you can see the pellet before putting the applicator into your penis.
5. Hold the applicator in a way that is comfortable for you.
6. You can sit or stand while you put in the applicator. Take several seconds to gently and slowly stretch your penis upward to its full length.

This straightens and opens your urethra. Breathe in deeply. Breathe out while you slowly put the MUSE stem into your urethra. Put the stem in up to the collar (Fig. 3). If this is painful, or if you feel a pulling sensation, remove the applicator slightly and then gently put it back in.

7. Once the applicator is in up to the collar, gently push the button at the top of the applicator. Push the button all the way down until it stops (Fig. 4). It is important to do this, so the pellet is pushed out of the stem. Hold the applicator in this position for 5 seconds.
8. Gently rock the applicator from side to side. This will separate the pellet from the applicator tip. If you push too hard while rocking, you may scratch the lining of your urethra. This will cause bleeding.
9. Remove the applicator while keeping the penis upright.
10. Look at the applicator tip to make sure the pellet is no longer in the applicator. Do not touch the stem. If you notice part of the pellet is still in the end of the applicator, gently put the stem back into the urethra. Repeat steps 6-9.
11. Holding your penis upright and stretched to its full length, gently roll your penis between your hands for at least 10 seconds. This will help the medication absorb into your penis (Fig. 5). If you feel a burning sensation, it may help to keep rolling your penis for another 30-60 seconds or until the burning is gone.

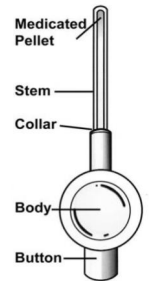


Figure 1

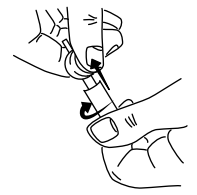


Figure 2

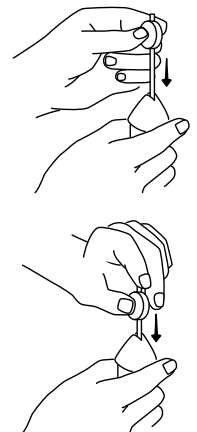


Figure 3



Figure 4

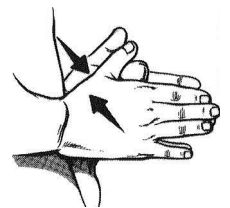


Figure 5

12. Remember, you can only use each MUSE system one time. Place the cap back on the MUSE applicator. Put the applicator in the opened foil pouch. Throw everything in your garbage.
13. After you have put in the MUSE medication, start thinking sexual thoughts and have physical sexual stimulation. This increases blood flow to the penis and will give you a better your erection.

Important: If you urinate right after putting in the medication, some of the medication may leak out. This may cause it to not work properly.

Are there side effects from MUSE?

Most Common Side Effects

About 5-30 out of 100 people will have these side effects:

- Pain in the penis, testicles, legs, and in the perineum (area between your penis and anus).
- Warmth or burning feeling in the urethra (the tube where you pee from).
- Redness of the penis from increased blood flow.
- Minor bleeding from the urethra (if you hurt yourself putting in the pellet).

Least Common Side Effects

Less than 2 out of 100 people will have these side effects:

- Prolonged erection (penis is firm for too long). **Important:** if your penis is firm for more than 3 hours, go to your local emergency department.
- Swelling of leg veins
- Light-headedness or dizziness
- Fast heart rate
- Fainting. Important: After taking MUSE, do not drive a car for up to one hour.

Common Side Effects for Partners

- If you use MUSE and have vaginal intercourse, your partner may have mild vaginal itching or burning.
- If you use MUSE and have anal intercourse, your partner may have mild rectal irritation.
- Using lubricant can make sex more comfortable.

How do I store MUSE?

We recommend you store MUSE medication in a refrigerator. However, you can keep MUSE at room temperature (less than 30°C) for up to 14 days before you use it.

Do not store MUSE medication in temperatures above 30°C. This may cause it to not work properly. For example, do not store it in the trunk of a car or in baggage storage areas.



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email phem@vch.ca and quote Catalogue No. **GD.350.P46**
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