Memorial Sloan Kettering Cancer Center

PATIENT & CAREGIVER EDUCATION

About Verapamil Injections for Treatment of Peyronie's Disease

This information explains what to expect before, during, and after verapamil injections (shots) for treatment of Peyronie's (pay-roe-NEEZ) disease.

Peyronie's disease is when scar tissue forms inside your penis. The scar tissue causes curvature (curved erections). It can also cause pain during erections. The scar tissue is sometimes called a plaque.

Before starting treatment

Before you start treatment, you will need a penile ultrasound (imaging scan of your penis) to find where your curvature is located. For information about your penile ultrasound, read the resource *About Your Penile Ultrasound* (www.mskcc.org/pe/penile-ultrasound). You can find it online, or you can ask your healthcare provider.

Medicines

You don't need to stop taking any of your usual medicines during your treatment. It's okay to take aspirin, ibuprofen (such as Motrin® and Advil®), or naproxen (such as Aleve®) during your treatment.

Patient portal (MSK MyChart)

If you don't already have a MSK MyChart account, we strongly advise that you sign up for one before starting treatment. You can use your MSK MyChart account to securely send photos of adverse reactions to your doctor and nurse practitioner, if needed.

Visit mskmychart.mskcc.org to sign up for an account.

Treatment schedule

During your treatment, you will have 6 verapamil injections. You will get an injection every 2 weeks. It's important to avoid sexual activity (such as intercourse, oral sex, and masturbation) and not use your traction device for 24 hours after each injection.

Six weeks after your last injection, you will have a penile ultrasound to see if your curvature has gotten better. If the ultrasound shows you still have some curvature, you can have a second round of treatment.

During your injections

First, you will undress from the waist down and lie on an exam table. A healthcare provider will inject a small amount of local anesthetic (medicine to make an area of your body numb) into the base of your penis using a thin needle. You may feel the pinch of the needle, then a warm feeling while the medicine is injected.

After they inject the anesthetic, the healthcare provider will wait at least 15 minutes before giving the verapamil injection. This gives the anesthetic time to work to make sure the whole area is numb.

Once your penis is numb, the healthcare provider will inject the verapamil into the scar tissue in your penis. After the injection, they will hold firm pressure on your penis and wrap a bandage around the length of your penis. The bandage will help decrease bruising and swelling. It won't improve the curvature. They will leave an opening so you can urinate (pee).

After your injections

- **Avoid sexual activity for 24 hours after each injection.** Having sexual activity within 24 hours of an injection can cause a penile fracture (break in the tissue that makes your penis hard).
- Leave the bandage on your penis for 4 hours after each injection.

- If the bandage slips off before 4 hours, you don't need to put it back on.
- Don't get the bandage wet. If you need to shower while the bandage is still on, cover it with a plastic bag.

- You can go back to doing the rest of your daily activities.

Managing common side effects

It's normal for your penis and the area around your penis to have some swelling and bruising after the injection. The amount of swelling and bruising might be different after each injection. To help decrease swelling, try resting your penis upward toward your abdomen (belly) with supportive brief-style underwear.

It's also normal to have soreness or discomfort at the injection site. You may feel sore for a few days after the procedure. If you do, try taking an over-the-counter pain medicine such as aspirin, ibuprofen (Motrin®, Advil®), or naproxen (Aleve®).

Penile traction

Between injections, it's important to use your penile traction device. This will help the treatment work as well as possible.

- **Don't use your traction device during the first 24 hours after each injection.** Using it within 24 hours of an injection can cause a penile fracture.
- Starting 24 hours after each injection, use your traction device for 30 minutes to 120 minutes (2 hours) at a time. Don't use it for longer than 2 hours at a time.
- You can use your traction device more than once per day.
- Don't use your traction device for more than 6 hours total per day.

When to call your healthcare provider

Call your healthcare provider right away if:

- You have blood in your urine (pee).
- You have trouble urinating.

- You have an erection and notice a popping sound or feeling followed by pain, your erection going away, and purple bruising and swelling in your penis. These can be signs of a penile fracture.

If you can't urinate, go to the nearest emergency room or urgent care center right away. This is a medical emergency. Call your Memorial Sloan Kettering doctor's office to tell them.

Contact information

If you have any questions or concerns, talk with a member of your healthcare team. You can reach them Monday through Friday from 8 a.m. to 5 p.m. at 646-888-6024.

After 5 p.m., during the weekend, and on holidays, please call 212-639-2000 for emergencies only.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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