



Giving Yourself an Anticoagulant Shot

Anticoagulants such as Lovenox (enoxaparin) or Fragmin (dalteparin) are blood thinning medicines. They help prevent blood clots after surgery. They come in a prefilled syringe that your pharmacy will give you. You will give yourself the shot at home.



Be sure to follow your doctor's instructions and inject the medicine as prescribed.



Getting Ready



Place the alcohol wipe, syringe, and sharps box on a table.

Giving Yourself a Shot

Step 1: Wash your hands.

Step 2: Rub an alcohol wipe in a circular motion over the planned injection site to clean the skin.

Step 3: Peel the foil cover off the back to open the syringe. **Do not try to push the syringe through the package. This could damage the syringe.**

Step 4: Hold the syringe sideways, and pull the cap straight off. Do not bend the needle. Do not press the plunger to release the air bubble.

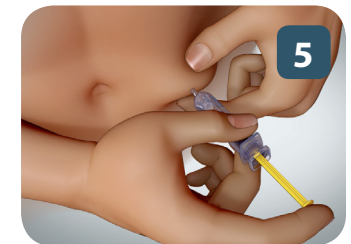
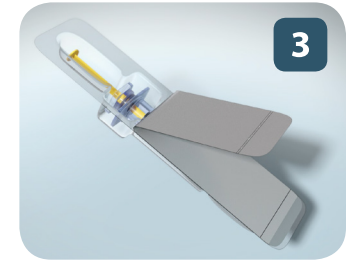
Step 5: Pinch an inch of skin with your free hand, and insert the needle at a 90° angle into the fatty tissue.

Step 6: Press the plunger slowly to deliver all of the medicine, including the air bubble.

Step 7: Pull the needle straight out of the skin.



Administer your injections at the same time each day.



Step 8: Continue pressing the plunger to activate the safety guard.

Step 9: Put the needle in the sharps box. (**Store the box out of reach of children.**) Contact your pharmacy when the box is full.



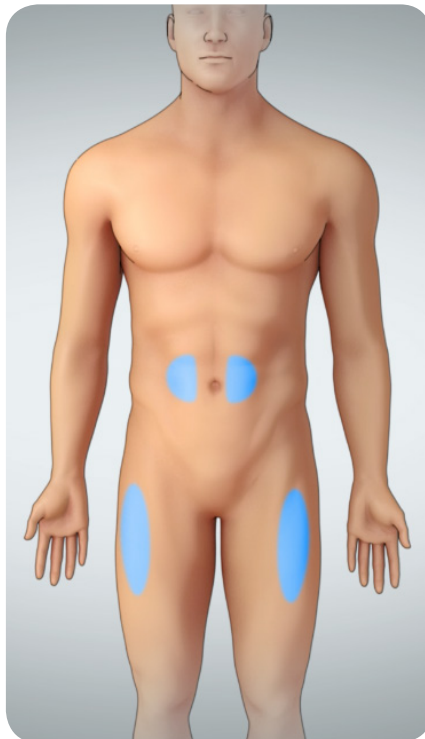
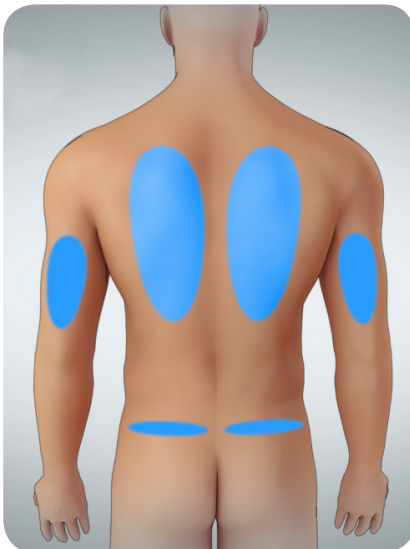
Appropriate Injection Sites

It is very important for you to:

- **Finish all medication** prescribed by your doctor.
- **Rotate your injection site every day.** Swelling and bruising are common side effects where the shot was given.



The areas shaded in **blue** are appropriate injection sites.



Before Injecting Anticoagulants

Talk with Your Doctor if You:

- Have an allergy to dalteparin or enoxaparin, heparin or pork products.
- Have a condition called Heparin Induced Thrombocytopenia (HIT).
- Plan to have an epidural or spinal injection.



Talk with your doctor before starting any new medicine. Medicines containing Aspirin or non-steroidal anti-inflammatory drugs (NSAIDs) can cause increased risk of bleeding.

After Injecting Anticoagulants



Call your doctor if you have increased bleeding or bruising, rash, numbness or tingling, especially in the lower limbs.

Watch online at:

gwinnettmedicalcenter.nucleuslibrary.com

This handout is intended to supplement the information you receive from your health care provider. This information should never be considered personal medical advice. Always contact your health care provider with questions or concerns.