

How to Self-Inject Guide

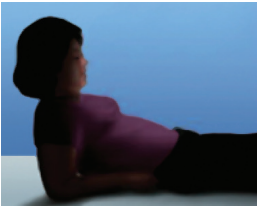
Be sure to discuss these steps with your physician before you administer Enoxaparin first time.



1. Wash and dry your hands thoroughly.



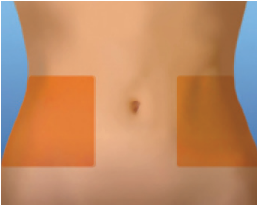
6. Hold the syringe like a pencil In your writing hand.



2. Sit or lie in a comfortable position, so that you can see your Abdomen.



7. With your other hand pinch an area of the cleansed area to make a fold in the skin. Insert the full length of the needle straight down – at a 90 degree angle – into the fold of the skin.



3. Choose an area on the right or left side of your abdomen, at least 5 cm from your belly button. Think “love handles”



8. Press the plunger with your thumb until the syringe is empty.



4. Clean the injection site with an alcohol swab. Let dry.



9. Pull the needle straight out at the same angle that it was inserted, and release the skin fold.



5. Remove the needle cap by pulling it straight off the syringe and discard it in the sharps collector.



10. Place the used syringe in the sharps collector.

Make a note of your injections

	Day/ date	Time	Injection site		Day/ date	Time	Injection site
	01				19		
	02				20		
	03				21		
	04				22		
	05				23		
	06				24		
	07				25		
	08				26		
	09				27		
	10				28		
	11				29		
	12				30		
	13				31		
	14				32		
	15				33		
	16				34		
	17				35		
	18						

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Enoxaparin  
Sodium

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This medication is not on the World Anti-Doping Agency Prohibited List (WADA).

**What is it used for?**

Enoxaparin is one of a group of medicines called Low Molecular Weight Heparins (LMWH). These medicines work by reducing blood clotting activity. It is used in a number of medical conditions.

**It is used to:**

- Stop blood clots forming in your blood after an operation
- It can be used to treat or stop blood clots from forming or for other reasons such as deep vein thrombosis.

**How do I use it?**

Your physician or nurse will tell you how you will be given your injection. Enoxaparin is usually given by an injection under the skin (subcutaneous). The recommended site for injection is usually the stomach area. It may be given by your physician, nurse, yourself or a family member. Do not inject within 5 centimeters of your belly button or around existing scars or bruises. Change the place where you inject between the left and right sides of your stomach; depending on the area you were last injected. To avoid bruising, do not rub the injection site after administration. The prefilled syringes are ready for use. Do not press on the plunger before injecting to get rid of air bubbles; this can lead to a loss of the medicine.

**What do I do for a missed dose?**

If you forget to give yourself a dose, have it as soon as you remember. Do not give yourself a double dose on the same day to make up for a forgotten dose. Keeping a diary will help to make sure you do not miss a dose.

**Are there interactions with other drugs?**

Tell your physician or pharmacist if you are taking medicines or substances used to prevent and treat blood clots, aspirin, and medicines used to treat inflammatory disease, or corticosteroids. These medicines may be affected by Enoxaparin or may affect how well it works.

**Is there a problem if I have another disorder or disease?**

Before you start taking Enoxaparin tell your physician or pharmacist if you have or have had any of the following medical conditions:

- Major bleeding disorder or blood clotting problem, including a recent stroke or

- hereditary blood disorders,
- Thrombocytopenia (low platelet count),
- Bacterial endocarditis (inflammation of the lining of the heart caused by bacteria),
- Stomach or bowel problems such as ulcers or ulcerative colitis,
- Kidney or liver disease,
- Uncontrolled high blood pressure,
- Diabetic related eye disease,
- Recently undergone brain, spinal or eye surgery,
- History of spinal surgery or spinal deformity,
- An artificial heart valve, or
- Obesity

**What about allergies?**

Do not use Enoxaparin if you have an allergy to enoxaparin, heparin or its derivatives including other LMWHs. Some signs and symptoms of an allergic reaction can include swelling of the face, lips or tongue, wheezing or troubled breathing, skin rash, itching hives, blisters or peeling skin. Tell your physician or pharmacist if you have allergies to any other medicines, substances, foods, preservatives or dyes.

**What if I’m pregnant, considering pregnancy or breastfeeding?**

Enoxaparin is not recommended during pregnancy or breast feeding. If there is a need to consider Enoxaparin during your pregnancy or if you are breast feeding, your physician or pharmacist will discuss with you the benefits and risks of using it. If you find that you are pregnant during treatment, consult your physician, immediately, to evaluate the need to continue treatment.

**How long is it safe to take this medicine?**

Your physician will tell you for how long you will be using Enoxaparin

**What are the side effects?**

It is important to contact your physician immediately if you experience symptoms such as tingling, numbness especially in the lower limbs, muscular weakness and unusual bleeding or bruising.

**Tell your physician if you notice any of the following and they worry you:**

- Pain, bruising or irritation at the injection site after Enoxaparin has been given,
- Hard inflamed nodules at the injection site,

- Itchy red rash at the injection site,
- Bleeding at the injection site, or
- Itchy skin

**If any of the following happen, stop using Enoxaparin and tell your physician immediately or go to the Emergency Room:**

- Painful itchy red/purple rash, bruising or bleeding at the injection site,
- Difficulty in breathing, symptoms of hay fever, itching hives, blisters or other symptoms of allergy,
- Bleeding (including nose bleeds or prolonged bleeding from cuts), bruising more easily than normal, red or dark brown urine, red or black bowel motions,
- Numbness problems with coordination, dizziness, tiredness, light-headedness, blurred vision, confusion or difficulty speaking,
- Severe abdominal pain, chest pain and headache,
- Nausea, diarrhea and fever,
- Swelling of the hands, ankles or feet, and
- Fine widespread rash, especially noticeable on your mouth or eyes or sudden onset of white or blue color in fingers or toes suggesting poor blood supply.

**Pharmacist’s comment.**

- Use Enoxaparin exactly as directed by your physician.
- If you are about to be started on any new medicine, tell your physician, dentist or pharmacist that you are using Enoxaparin.
- Tell your physician that you are using Enoxaparin if your physician is planning for you to have an anaesthetic injection in your back (spinal or epidural injection).
- Ask your physician whether there are any activities you should avoid while using Enoxaparin, for example certain sports.
- Keep a reminder, an alert in your cellphone for example, to remind you to use your Enoxaparin injection regularly at the same time every day.
- Look at syringe to be sure the drug is clear and colorless or pale yellow before injecting. Do not use the syringe if it leaks or if the fluid is dark or contains particles.

**Storage**

- Keep Enoxaparin in a cool dry place where the temperature stays below 25°C.
- Keep the syringes or ampoules in the pack until it is time to use them.
- Do not refrigerate or freeze Enoxaparin
- Do not leave Enoxaparin in the car.