

Instructions for Blood Thinning Injections

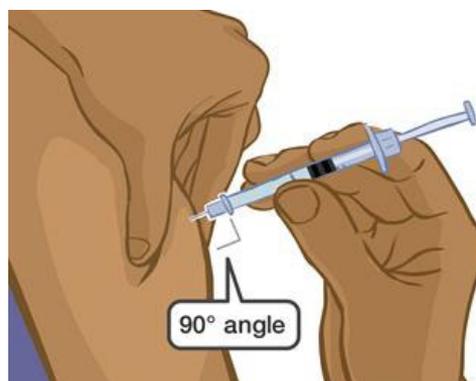
Introduction

Your doctor would like you to continue a course of blood thinning injections to reduce your risk of blood clots after your recent hospital stay. This will be for either 7, 14 or 28 days in total. Your doctor will advise you on the length of treatment required. A nurse will teach you or a family member to administer the injections at home.

Below are step-by-step instructions for you to follow.

Before Injecting

- Wash and dry your hands
- Check the medication is not expired
- Make sure the syringe is not damaged in any way (if yes DO NOT use)
- Choose an injection site, either on your thigh or lower tummy (5cm away from your belly button)
- Point the needle to the floor and tap to move the air bubble to the top of the syringe, do not squirt out the air bubble. Remove the protective cap from the needle.
- Lie or sit in a comfortable position, and gently pinch a skin fold on your lower abdomen or upper thigh, whichever is more comfortable for you.
- Insert the needle into the skin at a 90 degree angle, press the plunger until all of the medicine is injected. Do not let go of the skin fold when you are injecting.
- Remove the syringe by pulling it straight out, do not rub or press on the injection site as this can cause bruising.
- Dispose of the syringe in the yellow sharps box provided to you, do not recover the needle. When your container is full, or course of injections are finished, return to the box to your pharmacy or hospital.



Do's and Don't's

- ✓ DO the injection at the same time each day.
- ✓ DO alternate injection sites each day (left and right side).
- ✓ DO contact your doctor or nurse if you miss a dose, take too much or experience any side effects.
- ✗ DON'T inject into bruised or scarred tissue.
- ✗ DON'T rub the injection site after injection, this may cause bruising.