

HOW TO INJECT CLEXANE[®] (enoxaparin sodium) **AT HOME**

A patient guide



This booklet has been produced and funded by
Sanofi and is intended for patients who have
been prescribed Clexane

SANOFI 

Contents

Introduction	3
Your digital resources	4
Why do I need CLEXANE?	5
How can I tell if I have a DVT or PE?	7
How should I take CLEXANE?	8
How should I inject CLEXANE?	9
Dos and Don'ts	13
Things to look out for	15
Your questions answered	17
Make a note of your injections	19
More information	24



Introduction

Your nurse or doctor will already have shown you how to inject yourself with CLEXANE – probably while you were in hospital. You may also have seen a video about injection technique.

This booklet gives you some simple instructions about injecting at home. It is intended for you to keep as a handy reminder.

You can also record the details of your injections on the special form within this booklet. This will help you to keep track of your injections.

The information in this guide is not intended to replace the advice of your nurse or doctor. If you have any questions or are unsure about how to inject CLEXANE, your community nurse or doctor will be able to help.

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at yellowcard.mhra.gov.uk or search for MHRA Yellow Card in the Google Play or Apple App Store.

By reporting side effects you can help provide more information on the safety of this medicine.

Your digital resources

On the VTEMatters website you will find information regarding Thrombosis and CLEXANE.

www.vtematters.co.uk/patient



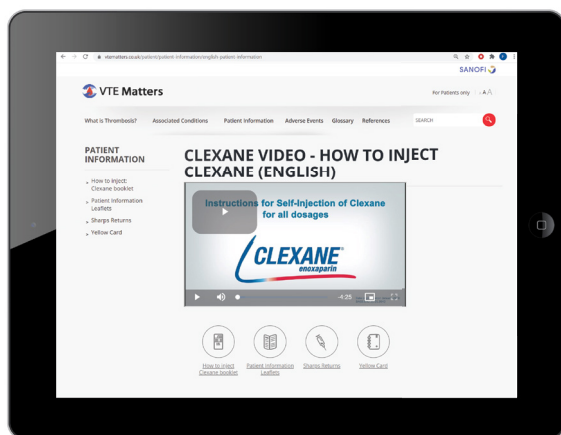
You can watch a video on how to safely inject CLEXANE by yourself.

You can download this booklet from our website so it can be with you when you need it.

You can also find information on sharps returns in your area.

These resources are available in 18 different languages:

English, Arabic, Bengali, Greek, Gujarati, Hindi, Lithuanian, Polish, Portuguese, Punjabi, Romanian, Russian, Simplified Chinese, Traditional Chinese, Somali, Spanish, Urdu and Welsh.



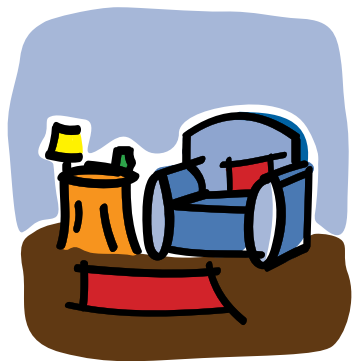
Why do I need CLEXANE?

What is CLEXANE?

CLEXANE helps to reduce the risk of blood clots and is known as an anticoagulant (coagulation is the medical name for clotting of the blood). In some cases, it can actually be used to treat people who have had a blood clot.

Why do I need CLEXANE?

A blood clot can develop in the large veins of the body, usually in the legs. The medical name for this condition is deep vein thrombosis (sometimes referred to as DVT, for short). DVTs need to be treated because they can lead to potentially serious problems.



Sometimes, a blood clot can break free and travel through the bloodstream. If a clot lodges in the lungs, it can cause chest pain and difficulty in breathing, and if severe

can even cause death. The medical name for this condition is pulmonary embolism (PE).

Who is at risk of blood clots?

There are lots of reasons why you may be at a higher risk of blood clots.

Here are some of the most common ones:

- ✓ **Age – once you are over 40, the risk increases the older you are**
- ✓ **Taking the combined oral contraceptive pill**
- ✓ **Taking some types of hormone replacement therapy (HRT)**
- ✓ **Some heart problems**
- ✓ **Obesity**
- ✓ **If you have had a DVT before**
- ✓ **Surgery such as knee replacement, hip replacement or abdominal surgery**
- ✓ **Varicose veins**
- ✓ **Having cancer and its treatment**
- ✓ **Being pregnant**
- ✓ **Long-distance travel or not being able to move around much**

How can I tell if I have a DVT or PE?

Early signs of a DVT (deep vein thrombosis)

When you have a deep vein thrombosis, you may notice any of the following signs in one or both legs:

- ✓ **Pain or tenderness in the calf or thigh**
- ✓ **Swelling, redness or skin colour change**
- ✓ **Warmth in your calf or leg**

Sometimes, there are no obvious signs and you may not be able to tell that you have a DVT.

Early signs of a PE (pulmonary embolism)

You are much more likely to notice that something is wrong if you have a blood clot in your lungs (pulmonary embolism). You may notice one or more of these signs:

- ✓ **Chest pain**
- ✓ **Shortness of breath**
- ✓ **Coughing (or coughing up blood)**
- ✓ **Racing heartbeat
(or a fast pulse rate)**
- ✓ **Rapid breathing**
- ✓ **Tiredness**
- ✓ **Feeling feverish**



How should I take CLEXANE?

CLEXANE needs to be taken as an injection. You should have your injection at the same time every day.

Your nurse or doctor will tell you how long your treatment will last.



There are several different doses of CLEXANE, so your syringes may look slightly different from the ones shown in this booklet.

How should I inject CLEXANE?

Your nurse or doctor will already have shown you how to inject yourself using a CLEXANE syringe. It is important that you know the correct technique before you try to inject yourself. If you are unsure, you should ask your nurse or doctor for advice.

There are several different doses of CLEXANE, so your syringes may look slightly different from the ones shown in this booklet.

**Remember that a video of
“How to inject Clexane at home” is available on
VTE Matters - www.vtematters.co.uk/patient**



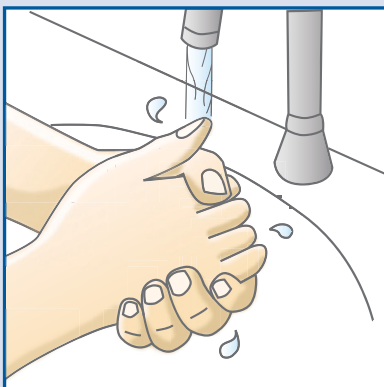
Step-by-step instructions for injecting CLEXANE

Note: If these instructions are different from those your nurse or doctor has given you, please follow their advice.

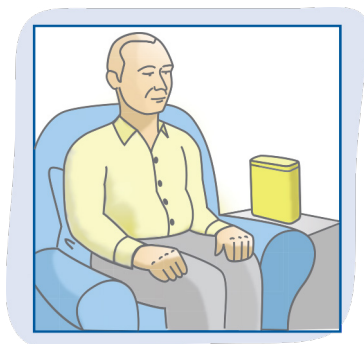


**First, wash your hands
with soap and water.**

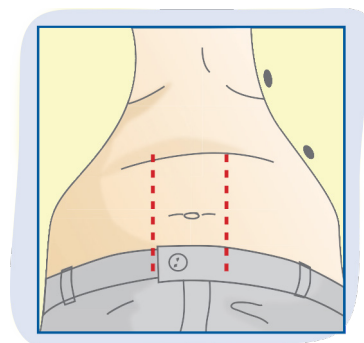
**Then, dry them
thoroughly**



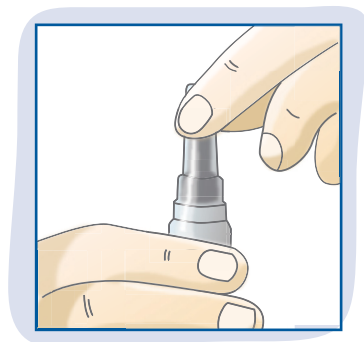
- 2 Sit or lie in a comfortable position** so that you can see the part of your stomach where you are going to inject. It may help if you can prop yourself up with cushions or pillows – either on the bed or in an armchair. Make sure that your special safety bin (sometimes known as a SHARPS bin) is within reach.



- 3 Choose an area on either the left or the right side of your stomach** at least two inches away from your navel – out towards your side – as shown by the dotted lines.

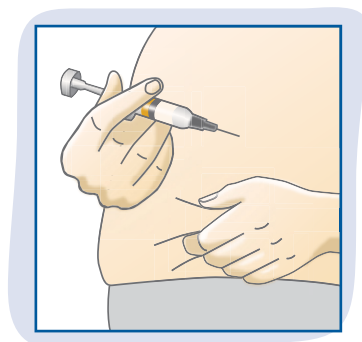


- 4 Carefully remove the protective cap from the end of the syringe taking care not to bend the needle.** Throw the needle cap away in the special safety bin, as you will not need it again.



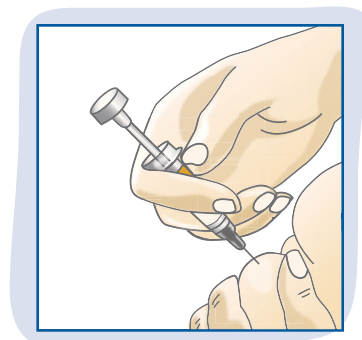
5 Hold the syringe like a pencil in the hand you normally write with.

Pinch a fold of the skin you are going to inject between the thumb and index finger of your other hand.

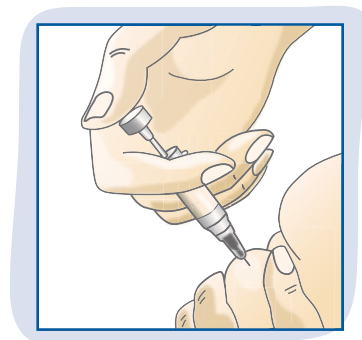


6 Insert the whole length of the needle into the fold of skin, keeping hold of the skin between your thumb and forefinger.

Make sure you keep the needle straight and at right angles to your body.



7 Press down gently but firmly on the plunger until it stops and the syringe is empty.

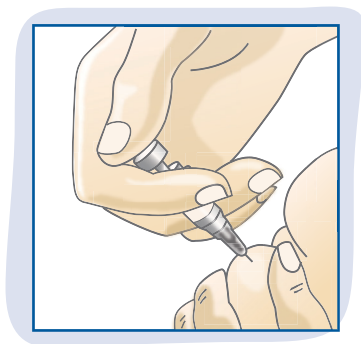


8

Your injection is over and you can now gently pull the needle out, taking care to keep it straight.

A protective sleeve will automatically cover the needle. You can now let go of the skin fold.

Note: The safety system allowing release of the protective sleeve can only be activated when the syringe has been emptied by pressing the plunger all the way down.



9

Keeping the needle pointing down and away from you, drop the used syringe straight into the safety bin.

Your nurse or doctor will be able to tell you what to do when the safety bin is full. **It is important that you do not throw this away with your household rubbish.**



Dos and Don'ts

- Do** make sure you keep holding the fold of skin on your abdomen until you have completely finished your injection. This will help to ensure that the medicine goes into the fatty tissue and not the muscle where it could cause bruising.
- Do** alternate the side on which you inject – right one day, left the next.
- Do** make sure you put your used syringes into the safety bin each time you inject – **never leave a used syringe lying around the house.**
- Do** follow the advice of your nurse or doctor when taking your injections.
- Do** take your injection at the same time every day.
- Do** look for unusual signs of bleeding - please see page 17
- Do** take care when shaving or using knives and other sharp objects as you may bleed more easily than usual.
- Do** tell your nurse or doctor about any other medicines that you are taking – including those from the chemist and any herbal supplements. Other medications can sometimes affect the way in which CLEXANE works.



Dos and Don'ts

Don't put the syringe down anywhere or touch the needle with anything before you inject – this will help to keep it sterile and reduce the risk of infection.

Don't twist off the needle cap, as this could bend the needle.

Don't inject into bruised or scarred skin or anywhere that might be rubbed by clothing.

Don't rub the skin after you have injected, as this can cause bruising.

Don't let anyone else use your syringes.

Don't put CLEXANE in the fridge or the freezer – keep it at room temperature.

Don't take any of these medicines while you are using CLEXANE unless your nurse or doctor tells you to:

- aspirin or anything that contains aspirin
- pain relievers known as non-steroidal anti-inflammatory drugs (such as ibuprofen)

Bear in mind that cold and cough remedies may contain these drugs.

All these medicines can make you more likely to bleed.

Don't use CLEXANE if you are hypersensitive (allergic) to enoxaparin sodium or heparin.

Things to look out for

As with all other medicines, CLEXANE can have side effects in some people. The most common effect is that you may be more susceptible to bruising and bleeding than usual.



You may also notice mild irritation or other reactions of the skin on your stomach where you have been injecting. These might include redness, pain, small hard bumps (known as nodules) or bleeding into the skin (sometimes called a haematoma).

These effects may be caused by your injection but if they occur some time after an injection, they may be a sign of infection.

If you notice redness, puffiness, warmth, skin discolouration or oozing of the skin near a previous injection, you should contact your nurse or doctor straight away.

If you notice any of the following effects, please contact your nurse or doctor at once:

- **Bleeding** from your surgical wound
- **Any other bleeding** – for example, from the skin where you have injected, nosebleeds, blood in your urine (pink or dark brown), or if you cough up or vomit blood
- **Unusual bruising** not caused by a blow or any other obvious reason

You should also tell your nurse or doctor if:

- You have a **serious fall or head injury**
- You **become pregnant** or are planning to become pregnant
- You notice any other **unusual symptoms**

Your questions answered

Can I inject anywhere other than my stomach?

You should ask your nurse or doctor for advice.

What should I do with my used syringes?

Put used syringes – with the needle point facing down – into the safety or SHARPS collection bin you have been given.

Always keep this out of the reach of children.

When it is full, ask your nurse or doctor what to do next. **Never throw it out with your other household rubbish.**

Where should I keep CLEXANE syringes?

Unused syringes should be kept in a safe place out of the reach of children. Keep them at room temperature (approximately 22°C) and away from light and moisture.

What should I do if there is an air bubble in the syringe?

Your CLEXANE syringe should contain an air bubble. This is normal and you do not need to do anything to remove the air bubble before you inject.

What should I do if I think I have injected too much CLEXANE?

You should ask your nurse or doctor for advice.



What should I do if I miss an injection?

You should ask your nurse or doctor for advice.

How can I find out more about CLEXANE?

You should ask your nurse or doctor for advice. Alternatively, you might like to visit www.vtematters.co.uk/patient for more information about thrombosis and CLEXANE.

www.vtematters.co.uk/patient



How can I tell whether or not I have taken my injection?

A checklist chart can be found at the back of this booklet. You may find it helpful to make a note here when you have had your injection. This will help you keep track, so that you take the correct dose of your medicine.



Make a note of your injections

	Day/Date	Time	Injection site
1			
2			
3			
4			
5			
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Make a note of your injections

	Day/Date	Time	Injection site
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Make a note of your injections

	Day/Date	Time	Injection site
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Make a note of your injections

	Day/Date	Time	Injection site
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The information in this guide is not intended to replace the advice of your nurse or doctor.

If you have any questions or are unsure about how to inject CLEXANE®, your nurse or doctor will be able to help.



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CLEXANE® is supplied by sanofi