

Enoxaparin (Injection)
Enoxaparin (ee-nox-a-PAR-in)

Prevents and treats blood clots. Also used to treat certain types of acute heart attacks. This medicine is a blood thinner.

Brand Name(s):Lovenox , Novaplus Lovenox
There may be other brand names for this medicine.

When This Medicine Should Not Be Used:

You should not use this medicine if you have had an allergic reaction to enoxaparin, heparin, benzyl alcohol, or products made from pork. You should not use enoxaparin if you have bleeding disorders or any active bleeding.

How to Use This Medicine:
Injectable

- Your doctor will prescribe your exact dose and tell you how often it should be given. This medicine is given as a shot under your skin or into a vein.
- A nurse or other trained health professional will give you this medicine. It may also be given by a home health caregiver.
- You may be taught how to give your medicine at home. Make sure you understand all instructions before giving yourself an injection. Do not use more medicine or use it more often than your doctor tells you to.
- You will be shown the body areas where this shot can be given. Use a different body area each time you give yourself a shot. Keep track of where you give each shot to make sure you rotate body areas.
- Use a new needle and syringe each time you inject your medicine.

If a dose is missed:

- This medicine needs to be given on a fixed schedule. If you miss a dose or forget to use your medicine, call your doctor or pharmacist for instructions.

How to Store and Dispose of This Medicine:

- If you store this medicine at home, keep it at room temperature, away from heat and direct light.
- If you were given a bottle of medicine to use with your syringes, you must use the medicine within 28 days after the first shot. Throw away the unused medicine in the bottle after 28 days.
- Throw away used needles in a hard, closed container that the needles cannot poke through. Keep this container away from children and pets.
- Ask your pharmacist, doctor, or health caregiver about the best way to dispose of any leftover medicine, containers, and other supplies. You will also need to throw away old medicine after the expiration date has passed.
- Keep all medicine away from children and never share your medicine with anyone.

- A clothes softener bottle or a hard plastic detergent bottle for washing clothes.

- A 2 liter pop or soda bottle.

- Make sure you can put **both** the syringe and needle into the container easily. Whatever container you choose, make sure that the needles cannot break through the sides, bottom or top. Call your caregiver or a pharmacy to find out what your state or local requirements are for getting rid of used syringes and needles.

CARE AGREEMENT:

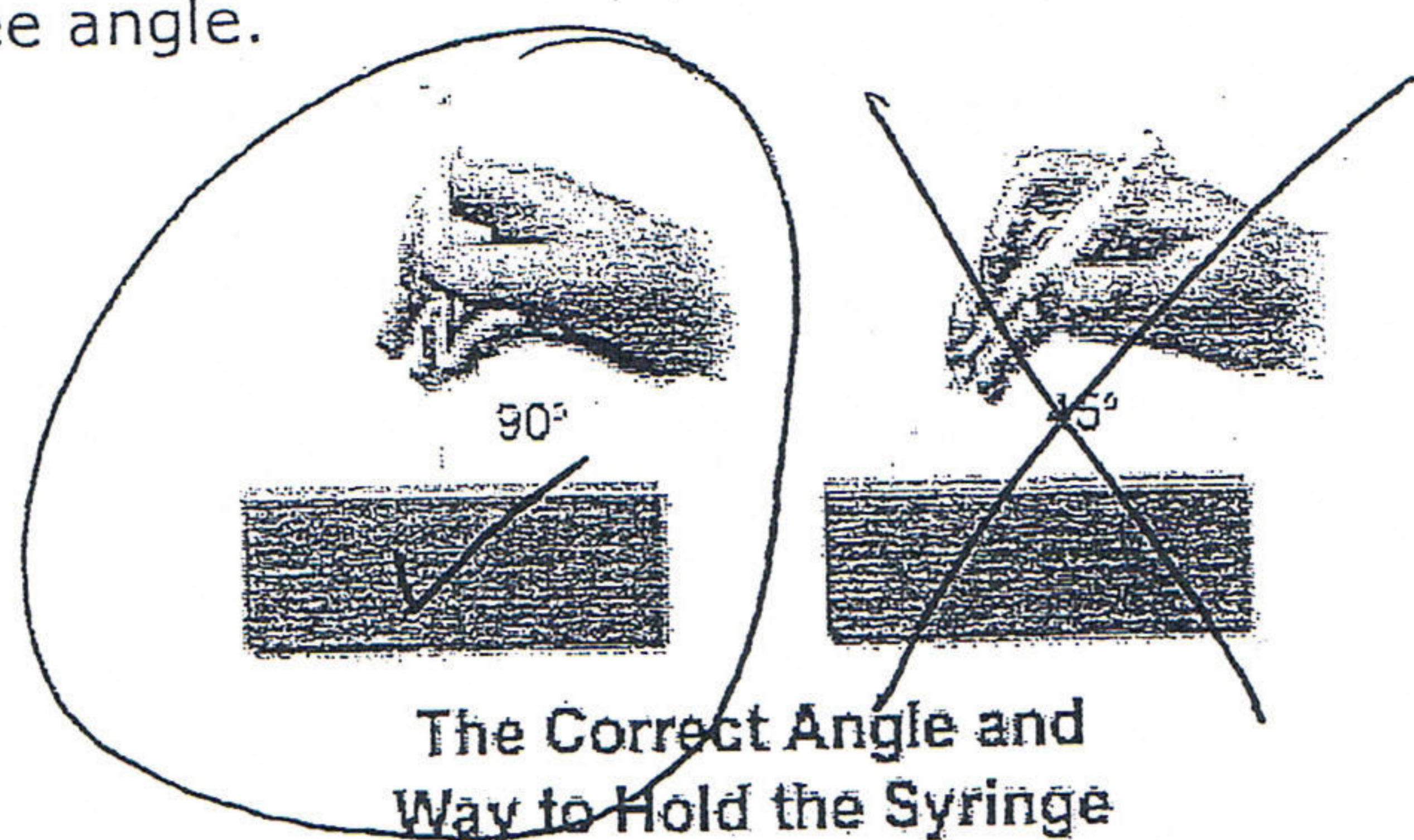
You have the right to care for yourself or your loved one at home. To help with this plan, you must first learn how to give a subcutaneous injection. You can then discuss subcutaneous injections with caregivers if you have questions. You always have the right to refuse the instructions on this sheet.

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HOW TO GIVE A SUBCUTANEOUS INJECTION - General Information,
English

Printed on Friday, March 4, 2011 1:28:52 PM

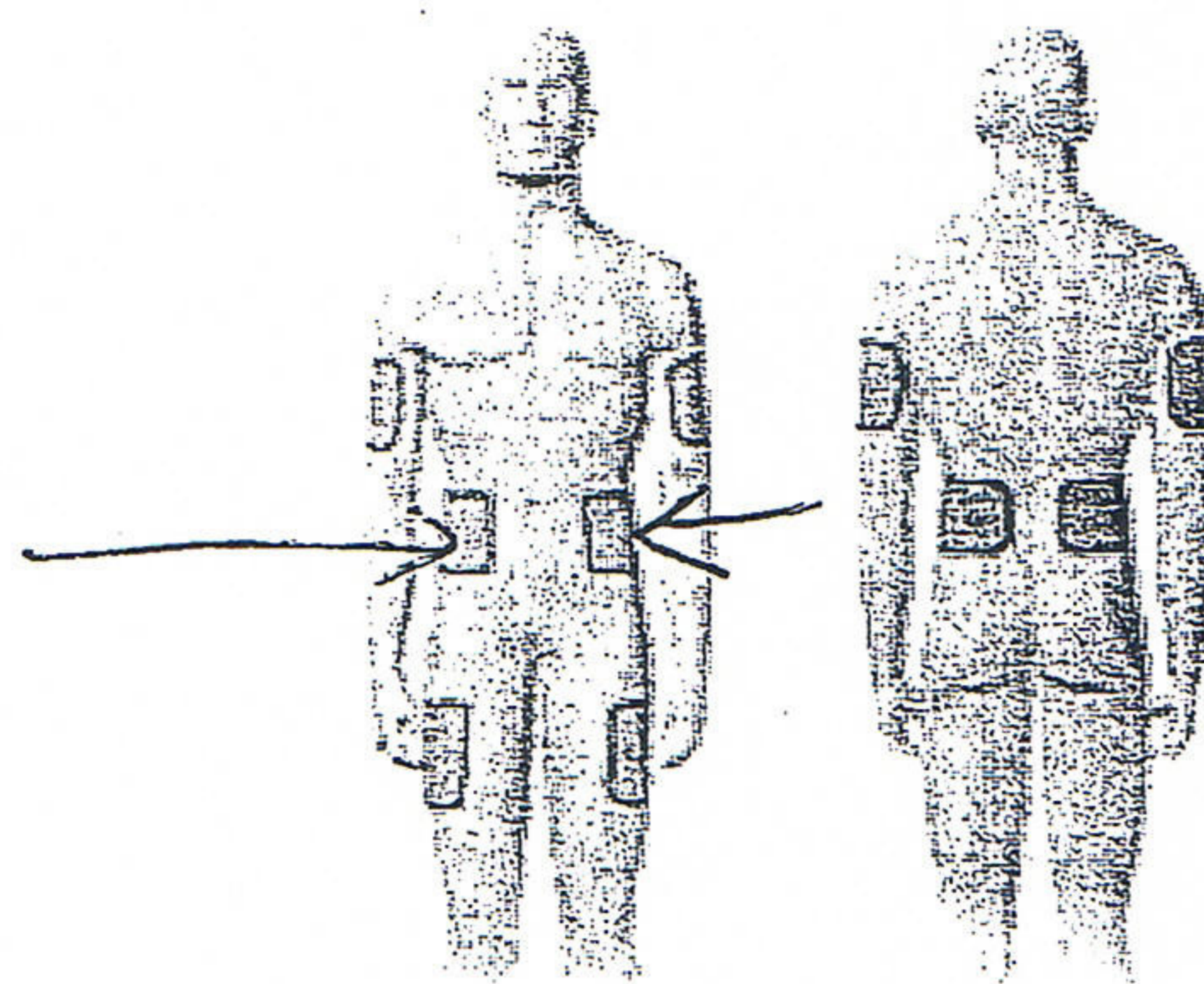
- Subcutaneous shots can be given straight in at a 90 degree angle, or at a 45 degree angle. Give the shot straight in at a 90 degree angle if 2 inches of skin can be grasped between your thumb and first (index) finger. If only 1 inch of skin can be grasped, give the shot at a 45 degree angle.



- Open the foil covering the first alcohol wipe.
- Wipe the area where you plan to give the shot. Let the area dry.
- Take the cover off the needle. Hold the syringe with your writing hand and pull the cover off with your other hand, like taking a cap off a pen.
 - Place the syringe between your thumb and your index and second fingers. The needle should be pointing upwards or downwards at the 45 degree angle you plan to use.
 - If you will give the shot at a **90 degree angle**, hold the syringe with your writing hand.
 - Hold the syringe under your thumb and first finger. Let the barrel of the syringe rest on your second finger. Many people hold a pen this way when they write.
- Grasp the skin with the hand not holding the syringe. Holding the syringe barrel tightly with your writing hand, use your wrist to inject the needle. Sometimes the needle goes in easily. Some people have tougher skin and a little more pressure or quickness must be used.
- Once the needle is all the way in, push the plunger down to inject the medicine.
- Remove the needle at the same angle you put it in.
- Gently wipe the area with the dry sterile gauze 2 x 2 pad.

How can I get rid of used syringes and needles? Your caregiver may have given you a hard plastic container made especially for used syringes and needles. If you were not given this kind of container, look around your home for a hard plastic container with a screw-on top such as:

Where can I give a subcutaneous shot? There are many sites on the body that are safe to give subcutaneous shots. Following is a list of the sites where subcutaneous shots may be given:



Sites on the Body Where
a Subcutaneous Injection
Can Be Given

- **Upper Arm:** Uncover the arm to the shoulder to see the whole arm. Have the person getting the shot stand with hand on hip. Stand next to and a little behind the person. Find the area in the middle part of the arm, halfway between the elbow and shoulder. Gently grasp the skin at the back of the arm between your thumb and first 2 fingers. You should have 1-2 inches of skin.
- **Abdomen:** Uncover the abdomen to see the whole area. Find the waist area. You may give a shot bounded by these landmarks: below the waist, to just above the hip bone, and from where the body curves at the side to about 2 inches from the middle of the abdomen. Avoid the bellybutton. Use the natural line in the middle of the body as a marker. It may be hard to see, but it is there unless it was removed by surgery.
- **Thigh:** Uncover the entire leg. Find the area between the knee and hip. The middle of

before taking it.

- Medicine given in a shot is measured in mL's (milliliters).
- If you are using a pre-filled cartridge, check your doctor's orders. Be sure you need to use all the medicine in the cartridge. If there is too much medicine, take the cover off the needle and squirt the extra medicine into a sink.
- Look carefully at the ampule, vial, or pre-filled syringe containing the medicine. Check it to make sure 4 things are there:
 - The name of the medicine.
 - The number of mL's in the vial or ampule.
 - The amount of medicine in each mL.
 - The last date the medicine is safe to use. This is called the expiration date.
- Make sure you have enough medicine for several doses.

How will I know the medicine is safe to give? Check the ampule or vial to make sure:

- The medicine is not past the expiration date on the bottle.
- There are no crystals or lumps in the ampule or vial.
- The medicine is the correct color. Ask your caregiver or pharmacist what color the medicine should be.
- The name of the medicine is the same name your caregiver told you or wrote down. If you are not sure, call your caregiver.

How to Give a Subcutaneous Injection

GENERAL INFORMATION:

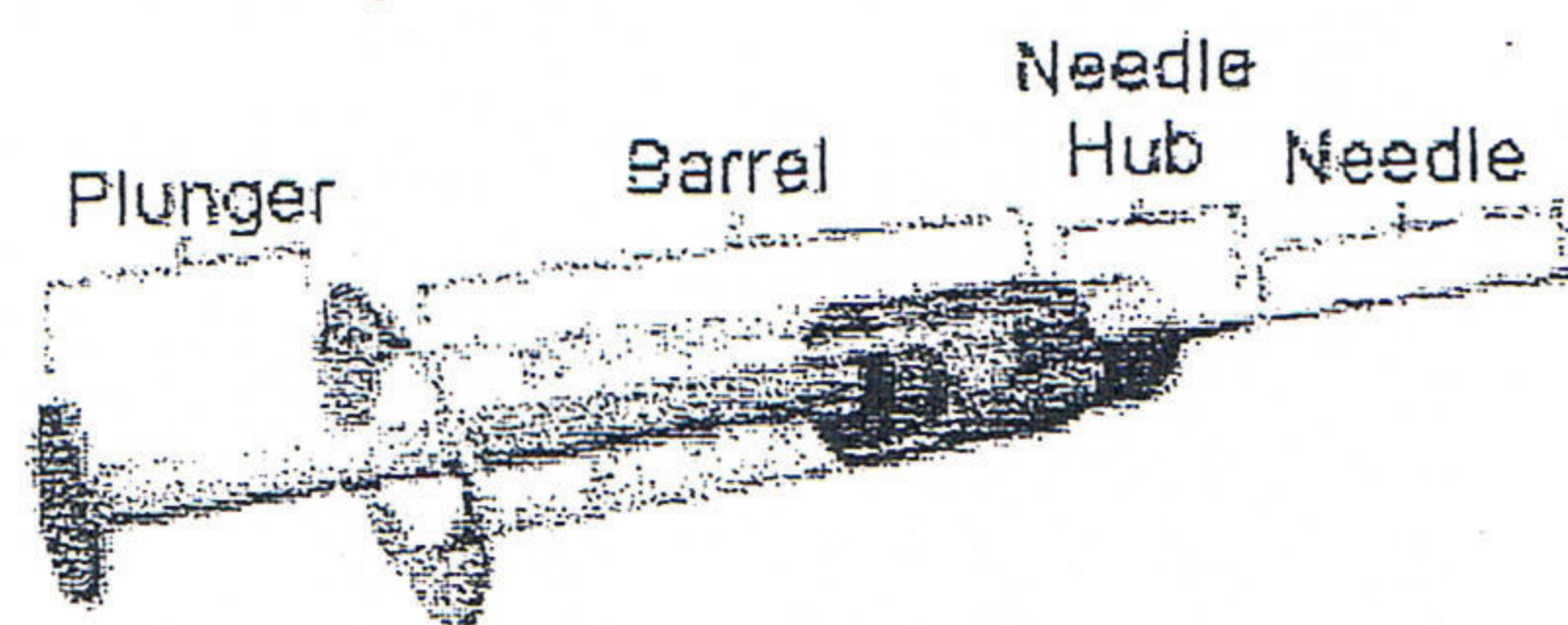
What is a subcutaneous injection? A subcutaneous injection is also called a subQ injection. It is a "shot" of medicine given into the layer between the skin and the muscle. A syringe with medicine in it is attached to a needle. The needle goes through the skin and into subcutaneous tissue. The medicine is pushed into subcutaneous tissue by pressing on the syringe plunger. When the medicine has been pushed into subcutaneous tissue, the needle is removed.

Why did my caregiver choose this kind of shot? Your caregiver chose this kind of shot because of one or more of these reasons:

- The amount of medicine to be given. Small amounts of medicine are given subQ.
- The kind of medicine to be given. Certain medicines must be given into the subcutaneous space.
- The speed at which the medicine needs to act. Medicine that needs to work slowly is given subQ.

What should I know about the syringe?

- A syringe has 3 major parts: the needle, the barrel and the plunger. The needle goes under the skin to put in medicine. The barrel holds the medicine. The barrel has markings on it like a ruler. The markings are for mL's (milliliters). The plunger is used to get medicine into and out of the syringe.



Parts of a Syringe

- Subcutaneous shots must be given in small amounts. You will usually get an "insulin syringe" for a subQ shot. Insulin syringes will hold a maximum of 1 mL of medicine. The syringe shows divisions well marked with 10, 20, 30, 40, 50, 60, 70, 80, 90 and 100. 100 is the same as 1 mL. The marking at 50 is the same as half of a mL.
- You may get a "TB syringe". A TB syringe holds up to 1 mL of medicine, and has a needle that is slightly longer than an insulin syringe.

What should I know about the medicine?

- Always know the name of your medicine, and why you take it. Know how much medicine you need to take or give. If you have questions about your medicine ask your caregiver

- Uneven heartbeat.
- Unusual bleeding or bruising.
- Vomiting blood or material that looks like coffee grounds.
- Warmth or redness in your face, neck, arms, or upper chest.

If you notice these less serious side effects, talk with your doctor:

- Confusion.
- Nausea or diarrhea.
- Pain, redness, bruising, swelling, or a lump under your skin where the shot was given.

If you notice other side effects that you think are caused by this medicine, tell your doctor.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088

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Enoxaparin (Injection) (Injectable) - DrugNote, English
Printed on Friday, March 4, 2011 1:27:46 PM

Drugs and Foods to Avoid:

Ask your doctor or pharmacist before using any other medicine, including over-the-counter medicines, vitamins, and herbal products.

- Make sure your doctor knows if you are also using blood thinners (such as clopidogrel, warfarin, or Coumadin®). Tell your doctor if you are also using dipyridamole (Persantine®), ketorolac (Toradol®), or sulfinpyrazone (Anturane®).
- Make sure your doctor knows if you are using pain or arthritis medicine (such as aspirin, Advil®, Aleve®, Motrin®, Orudis®, Dolobid®, Feldene®, Indocin®, Relafen®, or Voltaren®). Avoid taking aspirin or medicines that contain aspirin, unless your doctor tells you to.

Warnings While Using This Medicine:

- Make sure your doctor knows if you are pregnant or breastfeeding, or if you have liver disease, kidney disease, blood vessel problems, diabetes, a heart infection, uncontrolled high blood pressure, a stomach ulcer or bleeding, or a bleeding disorder such as hemophilia. Tell your doctor if you have a bleeding disorder caused by heparin.
- Make sure your doctor knows if you have recently had a stroke, or surgery on your eyes, brain, or spine. Tell your doctor if you have had a heart valve replaced.
- This medicine may cause bleeding or bruising. This risk is higher if you have a catheter in your back for pain medicine or anesthesia (sometimes called an "epidural"), or if you have kidney problems. The risk of bleeding increases if your kidney problems get worse. Discuss this with your doctor if you are concerned.
- You may bleed and bruise more easily while you are using this medicine. Be extra careful to avoid injuries until the effects of the medicine have worn off. Stay away from rough sports or other situations where you could be bruised, cut, or injured. Brush and floss your teeth gently. Be careful when using sharp objects, including razors and fingernail clippers. Avoid picking your nose. If you need to blow your nose, blow it gently.
- Watch for any bleeding from open areas such as around the injection site. Also check for blood in your urine or stool. If you have any bleeding or injuries, tell your doctor right away.
- Make sure any doctor or dentist who treats you knows that you are using this medicine. You may need to stop using this medicine several days before having surgery or medical tests.
- Your doctor will need to check your blood at regular visits while you are using this medicine. Be sure to keep all appointments.

Possible Side Effects While Using This Medicine:

Call your doctor right away if you notice any of these side effects:

- Allergic reaction: Itching or hives, swelling in your face or hands, swelling or tingling in your mouth or throat, chest tightness, trouble breathing.
- Blood in your urine.
- Bloody or black, tarry stools.
- Chest pain, shortness of breath, or coughing up blood.
- Fever.
- Large, flat, blue or purplish patches in the skin.
- Numbness or weakness in your arm or leg, or on one side of your body.
- Pain in your lower leg (calf).
- Sudden or severe headache, problems with vision, speech, or walking.
- Swelling in your hands, ankles, or feet.