

**Seek an urgent medical review (depending on the severity) via your GP, call 111 or 999, or go to your nearest Emergency Department if you notice any of the following symptoms:**

- Pain/swelling in your legs.
- Any change in colour of our legs.
- Any chest pain/unusual back or abdominal pain.
- Any sudden shortness of breath.
- Any heart racing.
- Severe dizziness/fainting.
- Coughing (or coughing/spitting out blood).

**If you forget to take your dose**

Take it as soon as you remember. **Do not** take two doses to make up for a missed dose.

**Contact details**

Orthopedics Department - telephone: 01623 622515, extension 2321 or 2421.

**Watch a video on how to self-administer**

Please copy the following link into your browser: <https://youtu.be/j4b05iE5sel>  
Or scan the following QR code onto your phone:



**Further sources of information**

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)  
Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

**Patient Experience Team (PET)**

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King’s Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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**INFORMATION FOR PATIENTS**

# How to self-administer Enoxaparin at home

**This leaflet gives you Information on how to safely administer Enoxaparin injections at home.**

**Why I need to take it?**

You have a prescription because you might be at risk of developing blood clots. Enoxaparin is an anticoagulant (blood thinner) which decreases the risk of blood clots. Factors that might increase the risk of developing blood clots include age, recent surgery (commonly lower limb surgeries), blood clots in the past, varicose veins, lower limb Immobilisation.

**Possible side effects:**

- Pink patches on your skin
- Skin rash (hives, urticaria)
- Itchy red skin
- Bruising or pain at the injection site
- Headache.

## Make SURE you

Check medication/packaging for **name/dose/expiry** (check it every time you take the medication).

## To start

In quiet surroundings, collect the following on a flat, clean surface:

- One pre-filled syringe
- One alcohol swab
- One sharps bin
- One gauze.

## Storage:

- Store in a safe place away from the reach of children.
- Do not store above 25°. Don't put in a refrigerator or freezer.

## Preparation

Choose an injection site:

- Avoid areas within 5cm of your belly button and skin that is red, inflamed, bruised, or has any scars/marks.
- Rotate the sites of injection every time (you might get bruising at injection sites).



## Administering the injection:

- Wash your hands with soap and water or alcohol based sanitiser.



- Clean the injection site with an alcohol swab and let it dry for 30 seconds.
- Take syringe in your dominant hand and hold it like a pencil.
- Carefully remove the cap.
- With your other hand, squeeze a fold of skin and fat with your index finger and thumb.



- Quickly push the needle straight down at a 90 degree angle and inject slowly.



After all the medication is given, pull out the needle, close it safely and dispose off it in a sharps bin.



- Place a cotton ball over the injection site for few minutes.
- Do not rub the injection site.

## DON'T:

- Use expired syringes.
- Attempt to remove any air bubbles from the syringe.
- Reuse the same syringe and needle more than once.

## Disposal

Dispose of syringes only in the sharps bin. When it is full, take it to your GP or the hospital.