

PATIENT EDUCATION BOOKLET

TREATMENT OF DEEP VEIN THROMBOSIS

TABLE OF CONTENTS

What You Can Do to Improve Circulation	3
Understanding Your Medication	3
Your Enoxaparin Therapy	4
How Do I Administer Enoxaparin Sodium Injection?	4
When to call the Anticoagulation Service while on Enoxaparin Injection	7
Special Instructions While on Enoxaparin Injection	8
Can I Use Enoxaparin Sodium and Warfarin with other medicines?	9
Enoxaparin Sodium Injection Schedule	10

_____ ENOXAPARIN SODIUM _____

What You Can Do to Improve Circulation

Once a DVT occurs, it may be a little more difficult for you to get around. You will need to stay home for the first 24 hours after you have been discharged. Start off slowly and gradually return to your normal activities. Whenever your legs feel swollen or heavy, it is best to lie in bed with your heels elevated 5 to 6 inches. Elevating your feet should improve circulation back to your heart as well as decrease leg swelling. You may also find it beneficial to place a foam wedge between the mattress and box spring of your bed so that your legs remain in an elevated position. Other methods you can employ to reduce leg swelling include the following:

- Exercise both legs when you are in a sitting position. This can easily be done by wiggling your toes and tightening your calves.
- Stand up and walk around for a few minutes every hour. This should help keep the blood moving in your legs.
- Avoid wearing tight clothing that could decrease circulation to your legs.
- Wear elastic stockings when you are out of bed to provide your legs with more support.

Understanding Your Medication

Enoxaparin sodium injection and warfarin have been prescribed to treat harmful clots. While taking these medications there are several things you should know. First, it is important to take these medications at the same time every day. If you need to, mark the calendar as you take each medication to remind yourself that you have taken it for the day. Also, take only the amount of medication prescribed for you. Do not change any doses of the medication unless you have been instructed to do so. Finally, be very careful about taking any over-the-counter medications. Many medications can affect how enoxaparin sodium and warfarin work and could potentially cause problems. Therefore, it is always best to inform your Anticoagulation Service when starting any new medications.

Your Enoxaparin Therapy

Enoxaparin sodium is an anticoagulant (“anti” means against and “coagulant” refers to clotting) that is used to help prevent the formation of blood clots in patients at risk. Enoxaparin, a low-molecular-weight heparin, is also used to treat patients with blood clots.

Your physician has prescribed _____mg of enoxaparin sodium to be taken _____times a day.

Enoxaparin sodium is given by injection, which can be done by you or an appropriate caregiver (your nurse will show you or your caregiver how to do this).

Your physician will determine how long you will need to take this medication. Do not change your dose or stop taking this medication unless instructed by your Physician / Anticoagulant Pharmacist.

Remember:

- √ Take enoxaparin at the same time(s) each day, as prescribed by your Anticoagulation Service.
- √ For instructions on what to do if you miss a dose, call your Anticoagulation Service immediately.
- √ Continue the injections for exactly the number of days specified by your Anticoagulation Service.
- √ Enoxaparin should be stored at controlled room temperature, 59°F to 77°F.

How Do I Administer Enoxaparin Sodium Injection?

You or your caregiver should receive instructions from your physician or other qualified healthcare professional on the proper use of enoxaparin sodium and proper technique for injection before injecting enoxaparin sodium at home for the first time. If you or your caregiver have any questions regarding your medication or proper injection technique, please contact your Anticoagulation Service for help.

How Do I Administer Enoxaparin Sodium Injection? (continued)

Just follow these 10 steps:

1. _____
Wash your hands with soap and water. Dry your hands.
2. _____
Sit or lie in a comfortable position so you can easily see the area of your stomach where you will be injecting. A lounge chair, recliner, or bed (propped up with pillows) is ideal.
3. _____
Select an area on the right or left side of your stomach, at least 2 inches from your belly button and out toward your sides.
4. _____
Clean the area you have selected for your injection with one of the alcohol swabs provided. Allow the area to dry.
5. _____
While the area is drying, carefully pull off the needle cap from the enoxaparin sodium syringe and discard cap. Do not press on the plunger prior to injection to expel the air bubble or medicine may be lost. To keep the needle sterile once you have removed the cap, do not set the needle down or touch the needle.
6. _____
Hold the syringe in the hand you write with (hold it like a pencil), and, with your other hand, gently pinch the cleansed area of your stomach between your thumb and forefinger to make a fold in the skin. **Be sure to hold the skin fold throughout the injection.**

7. _____
Vertically insert the full length of the needle (at a 90° angle) into the skin fold.

8. _____
Press down on the plunger with your finger. This will deliver the medication into the fatty tissue of your stomach. Be sure to hold the skin fold throughout the injection.

9. _____
Remove the needle by pulling it straight out. You can now let go of the skin fold.
To avoid bruising, do not rub the injection site after completion of the injection.

10. _____
Drop the used syringe – needle first – into an empty thick plastic container such as empty liquid laundry detergent bottle, empty bleach bottle or something similar. When the container is full, cap tightly, wrap in a trash bag and throw in your household trash. **DO NOT** return used syringes to the hospital.

Remember:

- √ Do not inject yourself within about 2 inches of your belly button or near scars or bruises.
- √ Alternate the site of injection between the left and right sides of the stomach.
- √ Heparin should never be injected into muscle, as bleeding into the muscle may occur.
- √ If you are left-handed, hold the syringe with your left hand.
- √ Minor pain or bruising may occur at the injection site. Your chances for these problems are lessened if you inject the medicine correctly.

- √ Look at your old injection sites for the following: redness, pain, warmth, puffiness, discoloration of the skin or oozing, which could be signs of infection or a skin reaction.

- √ Accidental overdose may result in severe bleeding, which cannot be treated at home. If you suspect that you have used too much heparin injection, it is important to call your Anticoagulation Service immediately, even if you have not observed any unusual symptoms. Your Anticoagulation Service can make a decision on proper treatment.

When to Call the Anticoagulation Service While on Enoxaparin Injection

Notify the anticoagulation service immediately if any of the following occur:

1. A serious fall or if you hit your head
2. Bleeding or oozing from a surgical wound
3. Bleeding from cuts, your nose, or the site of injection
4. Coughing or vomiting blood
5. More bleeding than usual when brushing your teeth
6. More bleeding than usual with your menstrual period or any vaginal bleeding
7. Unusual bruising (black-and-blue marks on your skin) for unknown reasons
8. Blood in your urine (may be pink to dark brown)
9. Pain or swelling in any part of your leg, foot, or hip
10. Fever, sickness, severe diarrhea, vomiting, or nausea
11. Confusion
12. Dizziness, numbness, or tingling
13. Rapid or unusual heartbeat
14. Unusual or increase in chest pain or shortness of breath
15. If you become pregnant or are planning to become pregnant
16. Rashes

Special Instructions While on Enoxaparin Injection

- Brush your teeth with a soft toothbrush to avoid scratching your gums. Inform your dentist, dental hygienist, or any other physician treating you that you are taking heparin injection.
- Inform the physician if you are planning any dental work or any surgical procedure while you are taking heparin.
- Use an electric razor for shaving rather than a straight-edge razor.
- Avoid scratching the skin, which might break the surface or irritate it.
- Wear gloves when gardening. Be careful when you use sharp items such as knives or power tools.
- Always wear shoes or slippers to protect the soles of your feet. Never trim corns, calluses, or nails with a sharp knife or razor blade.
- To prevent falls, place a non-slip bathmat in the tub and remove throw rugs.
- Avoid activities or contact sports that could easily lead to injury and bleeding.
- If you are to be away from home for any length of time (such as a vacation), inform your Anticoagulation Service.
- Check with your Anticoagulation Service before drinking alcoholic beverages. Alcohol may increase the risk of stomach irritation and bleeding.
- Keep appointments with your physician, and for all blood tests.
- Avoid smoking.
- Check with your physician before using Estrogen products and oral contraceptives.
- Avoid blowing nose forcefully.
- Maintain adequate fluids.
- Keep Heparin and all medications out of the reach of children.

Can I Use Enoxaparin Sodium and Warfarin with Other Medicines?

While you are using enoxaparin, it is important not to take any other medications (including over-the-counter medications, and especially those containing aspirin or other anti-inflammatory medicines) which are not prescribed or approved by your physician. Always read the product label and check with your Anticoagulation Service.

Aspirin and anti-inflammatory medicines will also increase the time it takes your blood to clot. These medications do not work the same way enoxaparin and warfarin do, but taking them with enoxaparin and warfarin can increase your risk of bleeding.

Medicines that contain aspirin, salicylates (aspirin-like products), or non-steroidal anti-inflammatory drugs (NSAIDs) **should be avoided** unless prescribed by your physician. These can include cold and allergy products, as well as pain relievers for headache, backache, muscle ache, arthritis, and menstrual cramps. Always read the product label and check with your Anticoagulation Service when using over-the-counter products or any new prescription while taking enoxaparin and warfarin.

Enoxaparin Sodium Injection Schedule

Your Anticoagulation Service will instruct you on how to complete the schedule below.

Record of Daily Injections

Day #	Date	Time (AM)	Time (PM)	Injection Site (AM)	Injection Site (PM)	Lab
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						

Time: Please note the time of day for each injection.

Injection Site: Please note the left (l) or right (r) side of the stomach.

****Please ask questions to make certain you understand how much enoxaparin sodium and warfarin to take and when to take it. Please call your Anticoagulation Service if you have any questions.**

Anticoagulation Service: _____

Phone Number: _____

Home Care Nurse: _____

Phone Number: _____