

PATIENT ADMINISTRATION GUIDE



What is Clexane?

Clexane is one of a group of medicines called Low Molecular Weight Heparins. These medicines are used to prevent and treat unwanted blood clots.

When should I give myself Clexane?

Be sure to follow your doctor's instructions carefully. Give only the number of Clexane injections your doctor has prescribed for you each day.

Remember:

- ♥ Take Clexane at the same time each day as instructed.
- ♥ If you miss a dose, follow the instructions given by your doctor or nurse. Do not double your next dose.
- ♥ Continue administering the injections for exactly the number of days specified by your doctor.

Where should I give myself Clexane?

Clexane should be injected into the layer of fat just under the skin (subcutaneous administration) in your abdomen. ***Clexane should never be injected into muscle as bleeding into the muscle may occur.*** By gently pinching the skin between your fingers throughout the injection, the medicine only enters fatty tissue and not muscle. The area of injection should be on the right or left side of the abdomen, at least 5 centimetres away from the belly button and out towards the side of the abdomen.

When choosing an injection site be sure:

- ♥ that the site is easy to reach
- ♥ to avoid injecting yourself too close to your belly button or around existing scars or bruises
- ♥ to alternate your injections between the left and right sides of your abdomen

It is important to look at old injection sites for:

- ♥ redness, pain, warmth, puffiness, discolouration of the skin, or oozing, which could be signs of infection or skin reaction

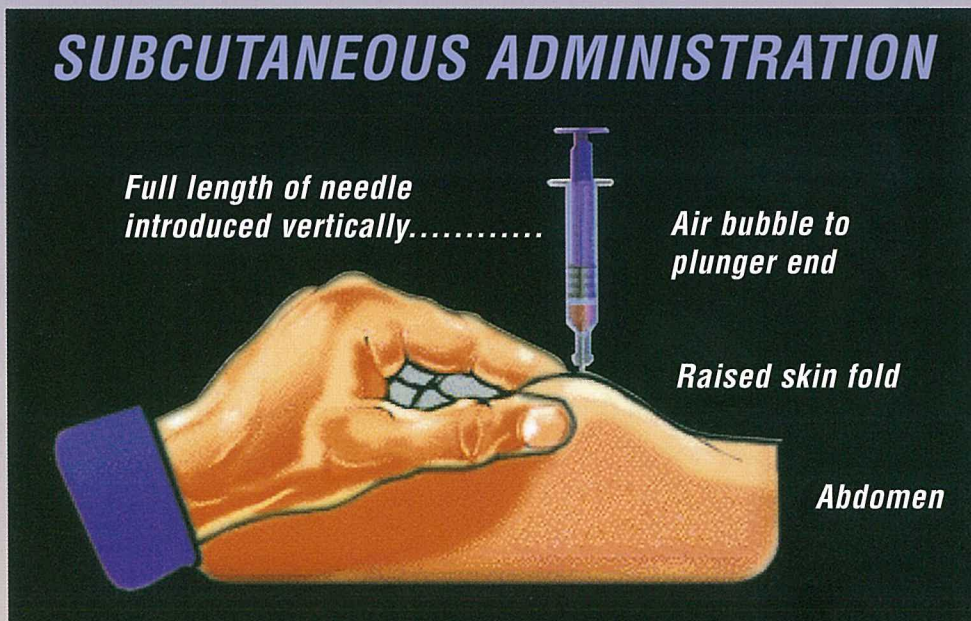
If you do notice any of the signs listed above, contact your doctor immediately.

HOW DO I ADMINISTER CLEXANE?

You should receive instruction on the use of Clexane and the proper technique for self-injection before giving yourself an injection for the first time. These instructions should be from your doctor or other qualified healthcare professional. If you have any questions regarding your medication or how to properly inject yourself, please contact your doctor for help.

Please follow these steps:

- ♥ Wash your hands well with soap and water. Dry your hands.
- ♥ Ensure the selected injection site is clean. Alternate the site of injection between the right and left sides of the abdomen.
- ♥ Do not expel air. Tap the syringe so that the air bubble rises to the plunger end.
- ♥ Pinch the cleaned area of your abdomen between your thumb and forefinger to make a fold in the skin. **Be sure to hold the skin fold throughout the injection.**
- ♥ Vertically insert the full length of the needle (at a 90° angle) into the skin fold. See diagram below.
- ♥ Give injection slowly.
- ♥ Remove the needle by pulling it straight out. Release the skinfold. To reduce bruising, do not rub skin.
- ♥ Drop the used syringe - needle first - into the Sharps Collector provided. **Place the container out of reach of children. When the container is full, give it to your doctor or nurse for disposal. DO NOT put it in your household rubbish.**



Contact Name and Number: