

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

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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.

Please also read the information leaflet that comes with your medicine.

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 www.mhra.gov.uk/yellowcard 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

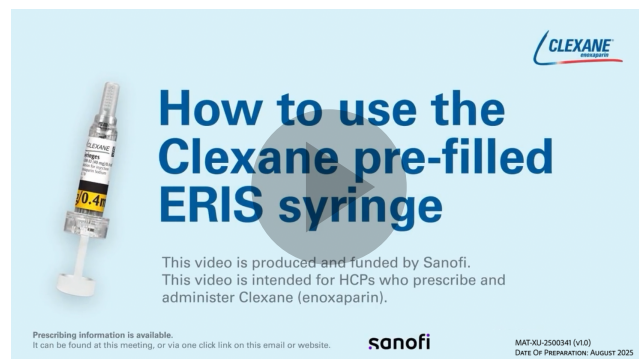
On the ClexanePatientSupport website you will find information regarding thrombosis and CLEXANE.



www.clexanepatientsupport.co.uk/



- 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.



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 given 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. Please also read the information leaflet that comes with your medicine.

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.

Before injecting yourself with Clexane syringe:

- **Check the expiry date on the medicine. Do not use if the date has passed.**
- **Check the syringe is not damaged and the medicine in it is a clear solution. If not, use another syringe**
- **Make sure you know how much you are going to inject**
- **Check your stomach to see if the last injection caused any redness, change in skin colour, swelling, oozing or is still painful. If so talk to your doctor or nurse.**



Remember that a video of “How to inject Clexane at home” is available on ClexanePatientSupport - www.clexanepatientSupport.co.uk/

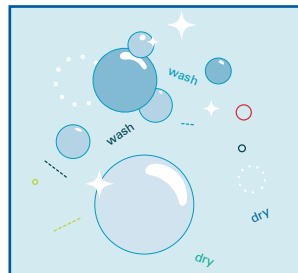


Step-by-step instructions for injecting CLEXANE

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

1

Wash your hands. Cleanse (do not rub) the area that you will inject with an alcohol swab or soap and water.



2

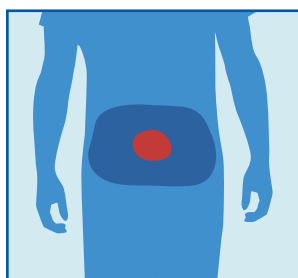
Sit or lie in a comfortable position so you are relaxed. Make sure you can see the place you are going to inject. A lounge chair, recliner, or bed propped up with pillows is ideal.



3

Choose an area on the right or left side of your stomach. This should be at least 5 centimetres away from your belly button and out towards your sides.

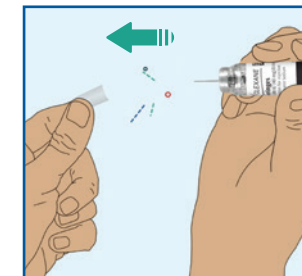
- Do not inject yourself within 5cm of your belly button or around existing scars or bruises.
- Change the place where you inject between the left and right sides of your stomach, depending on the area you last injected.



4

Carefully pull off the needle cap from the syringe. Throw away the cap.

- Do not press on the plunger before injecting yourself to get rid of air bubbles. This can lead to a loss of the medicine.
- Once you have removed the cap, do not allow the needle to touch anything. This is to make sure the needle stays clean (sterile).



When the amount of medication in the syringe already matches your prescribed dose, there is no need to adjust the dose. You are now ready to inject.

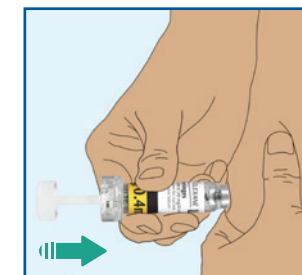
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When the dose depends on your body weight, you may need to adjust the dose in the syringe to match the prescribed dose. In that case, you can get rid of any extra medicine by holding the syringe pointing down (to keep the air bubble in the syringe) and ejecting the extra amount into a container. A drop may appear at the tip of the needle. If this occurs, remove the drop before injecting by tapping on the syringe with the needle pointing down. You are now ready to inject.



6

Hold the syringe in the hand you write with (like a pencil). With your other hand, gently pinch the cleaned area of your stomach between your forefinger and thumb to make a fold in the skin. Make sure you hold the skin fold throughout the injection. Hold the syringe so the needle is pointing straight (at a 90 degree angle). Insert the full length of the needle into the skin fold.

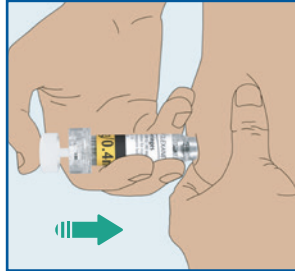


Step-by-step instructions for injecting CLEXANE

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

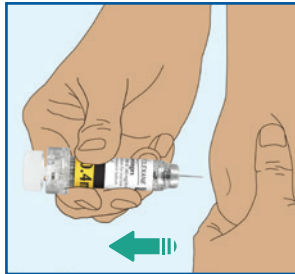
7

Press down on the plunger with your thumb. This will send the medication into the fatty tissue of the stomach. Complete the injection using all of the medicine in the syringe.



8

Remove the needle from the injection site by pulling it straight out. A protective sleeve will automatically cover the needle. You can now let go of the skin fold. The safety system only releases the protective sleeve when the syringe has been emptied by pressing the plunger all the way down.



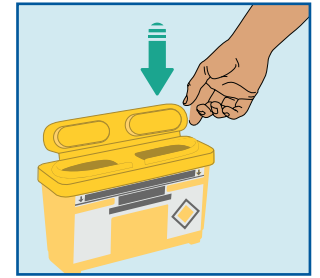
9

When you have finished:

To avoid bruising, do not rub the injection site after you have injected yourself.

Drop the used syringe into a sharps container. Close the container lid tightly and place the container out of reach of children. When the container is full, dispose of it as your doctor or pharmacist has instructed.

Medicines should not be disposed of via household waste.



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
- ✓ 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.
- ✗ Don't use CLEXANE if you are hypersensitive (allergic) to enoxaparin sodium or heparin.
- ✗ 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:
 - Warfarin – used for thinning the blood
 - Aspirin (also known as acetylsalicylic acid or ASA), clopidogrel or other medicines used to stop blood clots from forming (see section, 'Changing anticoagulant medicine')
 - Dextran injection – used as a blood replacer
 - Ibuprofen, diclofenac, ketorolac or other medicines known as non-steroidal anti-inflammatory medicines which are used to treat pain and swelling in arthritis and other conditions

- Prednisolone, dexamethasone or other medicines used to treat asthma, rheumatoid arthritis and other conditions
- Medicines which increase potassium levels in your blood such as potassium salts, water pills, and some medicines for heart problems.



Bear in mind that cold and cough remedies may contain these drugs.
All these medicines can make you more likely to bleed.

Things to look out for

Like all medicines, this medicine can cause side effects, although not everybody gets them.



Serious side effects

- **Stop using CLEXANE and talk to a doctor or nurse straight away if you get any signs of a severe allergic reaction** (such as rash, difficulty breathing or swallowing, swelling of the face, lips, tongue, oral cavity, throat or eyes).
- **Stop using CLEXANE and seek medical attention immediately if you notice any of the following symptoms:** A red, scaly widespread rash with bumps under the skin and blisters accompanied by fever.
- The symptoms usually appear at the initiation of treatment (acute generalised exanthematous pustulosis).
- Like other similar medicines to reduce blood clotting, CLEXANE may cause bleeding. This may be life-threatening. In some cases the bleeding may not be obvious.



Talk to your doctor straight away if:

- You have any bleeding that does not stop by itself.
- You have signs of too much bleeding such as being very weak, tired, pale, or dizzy with headache or unexplained swelling.
- Your doctor may decide to keep you under closer observation or change your medicine.



You should tell your doctor straight away:

- If you have any sign of blockage of a blood vessel by a blood clot such as:
 - cramping pain, redness, warmth, or swelling in one of your legs – these are symptoms of deep vein thrombosis
 - breathlessness, chest pain, fainting or coughing up blood – these are symptoms of a pulmonary embolism
- if you have a painful rash of dark red spots under the skin which do not go away when you put pressure on them. Your doctor may request you perform a blood test to check your platelet count.



You should also tell your nurse or doctor if:

- You are going to have a spinal or lumbar puncture, or an operation where an epidural or spinal anaesthetic is used.
- You are pregnant, think you may be pregnant or are planning to have a baby.
- You are breast-feeding or plan to breast-feed.
- You notice any other **unusual symptoms**.



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

- Very common** (may affect more than 1 in 10 people):
- Bleeding
 - Increases in liver enzymes.

Common (may affect up to 1 in 10 people):

- You bruise more easily than usual – this could be because of a blood problem with low platelet counts
- Pink patches on your skin – these are more likely to appear in the area you have been injected with CLEXANE
- Skin rash (hives, urticaria)
- Itchy red skin
- Bruising or pain at the injection site
- Decreased red blood cell count
- High platelet counts in the blood
- Headache.

Uncommon (may affect up to 1 in 100 people):

- Sudden severe headache – this could be a sign of bleeding in the brain
- A feeling of tenderness and swelling in your stomach – you may have bleeding in your stomach
- Large red irregularly shaped skin lesions with or without blisters
- Skin irritation (local irritation)
- Yellowing of your skin or eyes and your urine becomes darker in colour – this could be a liver problem.

Rare (may affect up to 1 in 1,000 people):

- Severe allergic reaction – the signs may include: a rash, swallowing or breathing problems, swelling of your lips, face, throat or tongue
- Increased potassium in your blood – this is more likely to happen in people with kidney problems or diabetes. Your doctor will be able to check this by carrying out a blood test

Your questions answered

- An increase in the number of eosinophils in your blood –your doctor will be able to check this by carrying out a blood test
- Hair loss
- Osteoporosis (a condition where your bones are more likely to break) after long term use
- Tingling, numbness and muscular weakness (particularly in the lower part of your body) when you have had a spinal puncture or a spinal anaesthetic
- Loss of control over your bladder or bowel (so you cannot control when you go to the toilet)
- Hard mass or lump at the injection site.

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. Do not store above 25 degrees.

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 a injection?

If you forget to give yourself a dose, have it as soon as you remember. Do not give yourself a double dose on the same day to make up for a forgotten dose.

How can I find out more about CLEXANE?

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

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

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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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