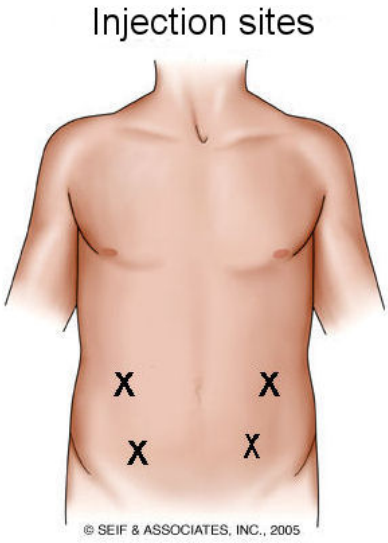
LOVENOX® (Enoxaparin Sodium)
Home Care Use

LOVENOX® injection is a medication used for preventing clots developing in your veins. If blood clots are untreated they could travel to your lungs. This is called a pulmonary embolus. A blood clot in your lungs can be fatal. Medications such as LOVENOX® are called blood thinners or anticoagulants.



Caregivers often use blood thinners such as LOVENOX® to prevent clots following surgery. It is also used along with aspirin when the heart is not getting enough blood.

Usually another blood thinner called coumadin or warfarin is started in two to three days after the Lovenox is started. The Lovenox is usually continued until the other blood thinners have begun to work. Your caregiver will judge this length of time by measuring the INR An INR (International Normalization Ratio) of 2.0 to 3.0 is desirable. This means that your blood is at the necessary and best level to prevent clots.

HOME CARE INSTRUCTIONS

- You will be instructed by your caregiver how to give Lovenox injections.
- Before giving your medication you should make sure the injection is a clear and colorless or pale yellow solution. If your medication becomes discolored or has particles in the bottle, do not use and notify your caregiver.
- When using the 30 and 40 mg pre-filled syringes, do not expel the air bubble from the syringe before the injection. This makes sure you use all the medication in the syringe.
- The injections will be given sub-q. This means it is given into the fat over the abdomen (belly). It is given deep beneath the skin but not into the muscle. The shots should be injected around the abdominal wall. Change the sites of injection each time. The whole length of the needle should be introduced into a skin fold held between the thumb and forefinger; the skin fold should be held throughout the injection. Do not rub the injection site after completion of the injection. This increases bruising. Lovenox injection pre-filled syringes and graduated pre-filled syringes are available with a system that shields the needle after injection.
- Inject by pushing the plunger to the bottom of the syringe.
- Remove the syringe from the injection site keeping your finger on the plunger rod. Be careful not to stick yourself or others.
- After injection and the syringe is empty, set off the safety system by firmly pushing the plunger rod. The protective sleeve will automatically cover the needle and you can hear a click. The click means your needle is safely covered. Do not try replacing the needle shield.
- Get rid of the syringe in the nearest sharps container.
- Keep your medication safely stored at room temperatures.

COMPLICATIONS

- If you have received recent epidural/spinal anesthesia or a spinal tap receiving LOVENOX® or other low-molecular-weight heparins, you are at risk of developing a blood clot in or around the spine. This condition could result in long-term or permanent paralysis.
- Because LOVENOX® thins your blood, complications may include bleeding into the bowel or kidneys. Any bleeding should be reported right away to your caregiver.
- Bruising around the injection sites may be expected.
- Platelet drops, known as "thrombocytopenia," can occur with LOVENOX® use. A condition called "heparin-

induced thrombocytopenia" has been seen. If you have had this condition, you should tell your caregiver. Your physician may perform blood tests to watch for this.

- This should not be used if you have allergies to the medication, heparin or pork products.
- Other side effects may include mild local reactions or irritation at the site of injection, pain, bruising, and redness of skin.

SEEK IMMEDIATE MEDICAL CARE IF:

- You develop bleeding problems or large areas of bruising.
- You develop any rashes.
- You have any worsening of the condition you are being treated with the LOVENOX® for.
- You develop chest pain or shortness of breath. If the chest pain or shortness of breath is severe, call your local emergency services (911 in U.S.).

Document Released: 10/19/2005 Document Re-Released: 03/14/2011
ExitCare® Patient Information ©2011 ExitCare, LLC.