

# Your Guide To: **How to Self-Inject Low Molecular Weight Heparin (LMWH)**



## **Step 1:**

Wash and dry your hands thoroughly.



## **Step 7:**

With your other hand, pinch an inch of the cleansed area to make a fold in the skin. Insert the full length of the needle straight down (at a 90° angle) into the fold of skin.



## **Step 2:**

Sit or lie in a comfortable position, so that you can see your abdomen.



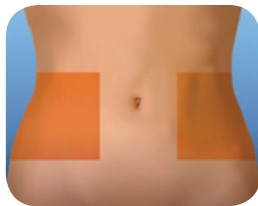
## **Step 8:**

Press the plunger with your thumb until the syringe is empty.



## **Step 3:**

Choose an area on the right or left side of your abdomen, at least 2 inches from your belly button. Think "love handles."



## **Step 9:**

Pull the needle straight out at the same angle that it was inserted, and release the skin fold.



## **Step 4:**

Clean the injection site with an alcohol swab. Let dry.



## **Step 10:**

Point the needle down and away from yourself and others, and push down on the plunger to activate the safety shield.



## **Step 5:**

Remove the needle cap by pulling it straight off the syringe and discard it in a sharps collector.



## **Step 11:**

Place the used syringe in the sharps collector.



## **Step 6:**

Hold the syringe like a pencil in your writing hand.



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## **LMWH Injection Do's and Dont's**

### **DO'S**

1. Do let the injection site dry after applying alcohol; a wet site can increase stinging.
2. Do be sure to hold the fold of skin on your abdomen until you are finished giving the injection. This ensures that the medicine enters only the fatty tissue and not the muscle.
3. Do alternate LMWH injection sites each day.
4. Do inject LMWH at the same time each day.
5. Do dispose of the syringe after injection in a sharps collector. If you did not receive a LMWH Discharge Kit from the hospital, you can obtain a sharps collector from your pharmacy.
6. Do look for unusual signs of bleeding.
7. Do tell your doctor about other medications you may be taking, including those that do not require a prescription.

### **DONT'S**

1. Don't put the syringe down or allow it to touch anything after taking off the needle cap.
2. Don't twist off the needle cap; it could bend the needle.
3. Don't inject LMWH into a scar, bruise, or area where clothing may rub.
4. Don't rub the site after the injection, which could cause bruising.
5. Don't recap the needle after injection; the protective shield will be in place.
6. Don't freeze LMWH; store it at room temperature.
7. Don't give LMWH to anyone other than the person it was prescribed for.
8. Don't take these common medicines while you are taking LMWH, unless your doctor tells you to. They may increase your risk of bleeding:
  - Aspirin or aspirin-containing products
  - Other platelet inhibitors
  - Salicylates (aspirin-like products)
  - Nonsteroidal anti-inflammatory drugs (NSAIDs)
  - Cold or allergy products or pain relievers that contain any of these drugs