

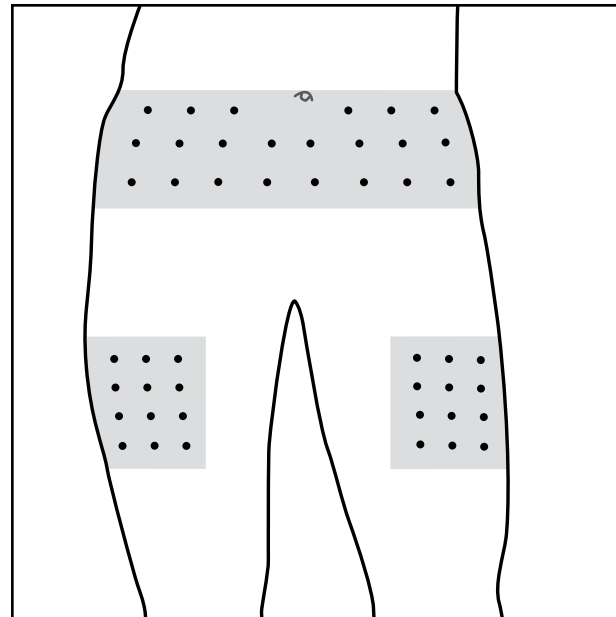
How To Give Yourself Heparin Injections

How To Give Heparin Shots

Your health care provider wants you to give yourself injections (shots) of heparin. Heparin is a medicine used to thin blood to prevent blood clots.

To give yourself an injection, follow these steps:

- Wash your hands.
- Get your equipment ready: alcohol, wipes, syringe, needle and heparin.
- Measure the correct dose of heparin into the syringe. Gently shake off any solution on the outside of the needle.
- Select your shot site. The best places are the fat pads in the lower right and left of your abdomen. Choose a different site for each shot. Stay two inches away from your belly button to avoid bruised areas or scars.
- Gently clean the site with an alcohol swab. Use a circular motion, moving away from the center. Do not rub the area.
- Form a fat roll by gently grasping your skin at the site you choose. Don't pinch the skin, just puff it up.
- Insert the needle quickly (dart-like) at a 30 to 60 degree angle into the fat roll. Do not pull out the plunger. Release the finger pressure you apply at the skin and inject the heparin slowly. Take the needle out quickly, at the same angle you put it in.



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When giving heparin injections, be sure to rotate the sites with each shot. Stay at least two inches away from your belly button to avoid bruises and scars.

- If you start to bleed, gently apply pressure to the site for 5 to 10 seconds. Do not rub or massage the area.
- Always remember to rotate your shots. (For example, give your first injection in the lower left of your abdomen and the second injection in the lower right.)

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Getting Rid of Sharps

Properly throwing away used sharps (needles and lancets) is important to keep your family and community safe. This prevents adults, children and pets from finding and being harmed by them.

How to Store Your Sharps at Home

You will need to have a special container to store your used sharps at home. You can:

- buy a sharps disposal container from your pharmacy.
- make your own container. Visit [fda.gov](https://www.fda.gov) and type “sharps disposal container” into the search box for instructions.

When storing sharps at home, it is important to remember the following.

- Always keep your sharps storage container in a place where children and pets cannot reach it.
- Follow any directions from your county drop-off site or mail-back programs.

How to Get Rid of Your Sharps

When the container is $\frac{3}{4}$ full:

- return the sharps to your county drop-off site
- or
- send them to a mail-back program. You will have to pay for this.

Allina Health hospitals and clinics do not accept sharps. Do not bring them to your hospital or clinic.



Source: Minnesota Pollution Control Agency

Many pharmacies sell sharps containers.

Whom to Call With Questions

Call your city or county government’s household trash and recycling service with questions. You can also visit the following websites for more information.

- If you live in Minnesota, visit pca.state.mn.us.
- If you live in Wisconsin, visit dnr.wi.gov.

Information adapted from the Minnesota Pollution Control Agency, Solid Waste Management Coordinating Board and Wisconsin Department of Natural Resources.