

How To Use Lovenox[®] (Enoxaparin Sodium Injection)



Allina Health

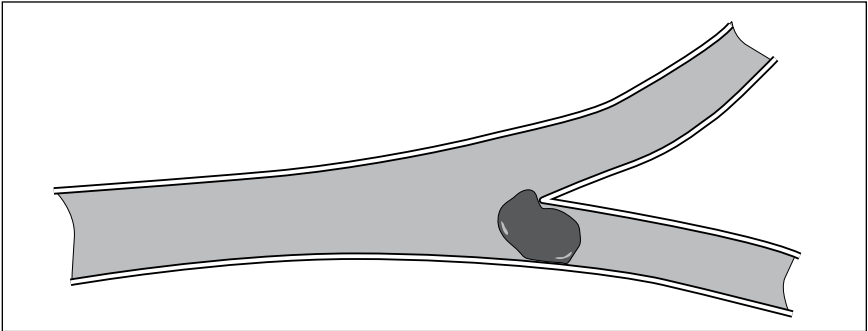
Blood Clots

You are at risk for getting blood clots. Deep vein thrombosis (DVT) and pulmonary embolism (PE) are blood clotting conditions.

- In DVT, a blood clot forms in one of the deep veins surrounded by muscle in the center of the arm or leg.
 - The clot may partly or completely block blood flow through the vein.
 - The clot may break off and travel through the bloodstream. As a result, the clot may lodge in the brain, lungs, heart or other area causing severe damage to that organ.

If left untreated, DVT can lead to a pulmonary embolism.

- In PE, blood clots loosen and travel through the bloodstream into the lungs and enter a pulmonary artery. Large clots that completely block a pulmonary artery can cause death.



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A blood clot can form in a vein, break off and travel through your bloodstream. It can get stuck, causing a heart attack, stroke or pulmonary embolism.

Signs and Symptoms of DVT and PE

DVT:

- pain in one leg only
- sudden arm or leg swelling
- enlarged veins near the surface of the skin
- reddish-blue skin
- warm skin at the site

PE:

- sudden shortness of breath
- sharp chest pain
- cough that produces bloody sputum
- excessive sweating
- rapid pulse
- feeling lightheaded

Call 911 or have someone take you to a hospital Emergency Department if you have any of the signs and symptoms listed above.

Anticoagulant Medicine

Anticoagulant medicine helps prevent unwanted blood clots from forming or from growing larger.

Your health care provider prescribed Lovenox®. The generic name of this medicine is enoxaparin sodium.

You will take this medicine by a shot (injection) given under the skin. Your health care provider will teach you and a member of your care circle (family member, friend or other person close to you) how to give the shots at home.

How Long Will You Have to Take Lovenox

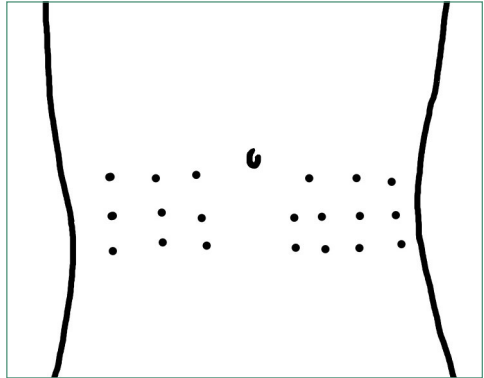
Your doctor will tell you when to stop taking Lovenox. In general, you may need to continue the injections for at least 5 days.

When You Need to Take Lovenox

- Take Lovenox 1 time a day.
- Take Lovenox 2 times a day.
 - Spread out your doses by 12 hours.
 - Rotate which side of your stomach you give the shots. For instance, give the shot on the left side in the morning and the right side in the afternoon.
- Take Lovenox at the same time(s) every day.

How to Take Lovenox

- Follow your doctor's directions.
- Give the shots at the same time each day.
- Give the shots in your abdomen, on either side of your belly button.
- Wash your hands with soap and water.
- Sit down and get comfortable.



Give the shots on either side of your belly button. Switch sides. If your first shot is on the left, give the second on your right.

- Carefully clean the injection site with an alcohol swab or a cotton ball and rubbing alcohol. Let the site air dry.
- Hold the syringe in one hand. Use your other hand to gently grasp a fold of skin between your thumb and index finger. This ensures the medicine goes into the softer tissue and not the muscle.
- Hold the syringe with the small ½-inch needle the way you would a pencil. With a quick dart-like motion, insert the needle into the injection site.
- Press the plunger in a slow, steady motion until all the medicine is injected. Release the skin.
- Gently pull out the needle and throw away the needle and syringe into your sharps disposal container. Place gauze over the injection site. If there is bleeding, apply gentle pressure. Put a bandage over the injection site, as needed.

Important: If the syringe is damaged, don't use it. Keep the syringes in their original container.

How to Store Your Sharps (Needles and Syringes) 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 and type “sharps disposal container” into the search box for instructions.



Source: Minnesota Pollution Control Agency

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 three-fourths 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. Please do not bring them to your hospital or clinic.

Whom to Call With Questions

Please 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.

Medicine Information

- Keep **all** medicines (prescription, over-the-counter, herbals and vitamins) out of reach of children and pets.
- Keep all medicines away from heat, light and humidity. Do not keep medicines in the bathroom or near the kitchen sink.
- Do not stop taking your medicines unless you have talked with your health care provider.
- Do not keep outdated medicine you do not need.

What do You Need to do if You Forget a Dose

- If you forget a dose and you are taking the Lovenox once a day, and it is within 6 hours of the time it was due, it is OK to give yourself a shot.
- If you forget a dose, and you are taking Lovenox twice a day, skip a dose and get back on track with your next scheduled dose.
- Tell your doctor that you missed a dose.

Other Medicines and Lovenox

Most medicines will increase the time it takes for your blood to clot and increase your risk for bleeding.

Tell your doctor about any prescription, over-the-counter, herbal, natural, dietary or vitamin supplements you are taking.

Ask your pharmacist which over-the-counter medicines are safe for you to take. Make sure he or she knows you are taking Lovenox.

- When using any over-the-counter product, read the ingredients label. **Do not use aspirin and products that contain aspirin or acetylsalicylic acid (another name for aspirin) without talking with your doctor.**

Aspirin can increase the effects of Lovenox. This can irritate your stomach lining and cause bleeding. Some common brand name products that contain aspirin include:

- Excedrin®
- Alka Seltzer®
- Anacin®
- Ascription®
- Aspergum®
- Bufferin®
- Dristan®
- Excedrin®
- Midol®
- Nytol®
- Pepto Bismol®
- Sominex®
- Ben Gay®.

Check the ingredients of generic products for aspirin or acetylsalicylic acid.

- Avoid taking nonsteroidal anti-inflammatory medicines (known as NSAIDs), unless your doctor tells you it is OK. Common NSAIDs include:
 - ibuprofen (such as Advil[®], Motrin[®], Nuprin[®], Nurofen[®])
 - naproxen (such as Aleve[®], Naprosyn[®]).
- You may use acetaminophen (Tylenol[®]) occasionally for headaches, muscle aches or fever. If you regularly take doses for several days, it may affect your INR results. Talk with your doctor if you take acetaminophen every day for any symptoms.
- Ask your doctor or pharmacist for suggested medicines for colds, allergies or heartburn.

Tell Doctors or Dentists You Take Lovenox

It is important to tell your dentist, doctors and other health care providers you take Lovenox before planning any dental work or medical surgery or procedure.

This reminder will help them avoid prescribing or recommending medicines that may affect your body's blood clotting ability.

Talk with your doctor if you are pregnant, thinking about getting pregnant or if you are breastfeeding.

Activities While Taking Lovenox

- You could bleed more easily from cuts or wounds while taking Lovenox.
 - Use caution around sharp objects.
 - Use an electric razor.
 - Be especially careful when working with knives and scissors.

- Wear slippers or shoes at all times, even while in the house.
- Trim your nails carefully. Trim them straight across with a nail clippers. Do not pick at the cuticle.
- Use a soft toothbrush. Gently brush and floss your teeth.
- Avoid activities that may increase your risk for injury, such as hunting and contact sports.

Keep Eating Your Regular Foods

Lovenox is not affected by food. You do not need to change the foods you eat.

Avoid Alcohol While Taking Lovenox

You should not drink alcohol while taking Lovenox. Alcohol may change the effects of the medicine and affect your judgment. This may put you at risk of harm.

Side Effects of Lovenox

Anticoagulant medicines increase your risk for bleeding. You may have pain, irritation and bruising at the injection site.

When to Call Your Doctor

Call your doctor if you have:

- spitting or coughing up blood
- unusual or unexplained bruising
- red or dark brown urine, or red or tarry black stools
- nausea (upset stomach), diarrhea (loose stools) or vomiting (throwing up)
- bleeding from cuts that continues after applying pressure for 5 minutes

- unusual bleeding (nosebleeds, bleeding gums, heavy menstrual periods)
- skin rash or reaction around shot sites
- tingling or numbness in your legs
- swelling or pain anywhere (with or without bruising)
- chest pain, shortness of breath or heartbeat changes
- questions or concerns.

Important Things To Remember When Taking Lovenox

- Take your medicines every day and stick to your schedule.
- Stop taking your medicine only when your doctor tells you to.
- Keep all follow-up appointments. Your doctor may want to check how your body is responding to the Lovenox.
- There are many medicines, foods, vitamins, herbs and nutritional supplements, as well as alcohol, that can change how well warfarin works in your body. Talk to your doctor before making any changes to your diet and medicines.
- Because of the risk of serious bleeding, be extra careful to avoid injuries while taking Lovenox.

Medicine Schedule

Date	Time	Injection site

Medicine Schedule

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