

A Patient's Guide to Enoxaparin (Lovenox[®])

1. What does enoxaparin do?

- Enoxaparin (Lovenox[®]) is sometimes called an “anticoagulant”.
 - You may also hear enoxaparin referred to as “low molecular weight heparin”.

You are taking enoxaparin for:

2. How should I take enoxaparin?

- Take your enoxaparin as prescribed by your doctor
 - Do not change how much you take unless your doctor tells you to do so.
- You or your caregiver (if you have one) may inject enoxaparin after learning the proper technique.
- Enoxaparin is injected subcutaneously (under the skin).

Directions for use:

- Wash your hands with soap and dry thoroughly.
- Sit or lie in a comfortable position, so that you can see your abdomen.
- You will be injecting into the right or left side of your abdomen at least 2 inches away from your belly button (see figure below). Avoid injecting where you have scars or bruises.

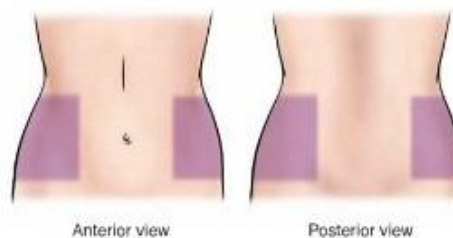


FIGURE 29-11. Sites for administration of enoxaparin.

- To minimize bruising at the injection site, rotate where the shots are given. Alternate the site of site of injection between the left and right sides of the abdomen.

- Clean the injection site with an alcohol swab. Let dry.
- Remove the needle cap by pulling it straight off the syringe and throw it away in a sharps container. So not press on the plunger prior to injection to remove the air bubble as medicine may be lost. Do not set the needle down or touch the needle.
- Hold the syringe like a pencil in your writing hand.
- With your other hand, pinch an inch of the area cleaned with the alcohol swab to make a fold. Insert the full length of the needle straight down at a 90 degree angle.
- Press the plunger with your thumb until the syringe is empty.
- Pull the needle straight out and let go of your skin fold.
- Point the needle down and away from yourself and others, and push down on the plunger to activate the safety shield.
- Place the used syringe in the sharps collector.

3. What should I expect?

- While on enoxaparin, you may notice:
 - Bleeding gums when you brush your teeth
 - Slight nose bleeds
 - Some increase in bruising
 - Increased vaginal bleeding
 - Bleeding when shaving
 - Headache
- If you notice any of the following, call your doctor right away:
 - Bleeding that will not stop
 - Excessive bruising
 - Red- or black-colored bowel movements (stool)
 - Vomiting blood
 - Red- or dark brown-colored urine
 - Rash of dark red spots under the skin
 - Tingling, numbness (especially in lower limbs) and muscular weakness
- You may experience minor pain or bruising at the injection site.

- Report any falls or injuries to your healthcare provider immediately.
- If you miss a dose, take it as soon as you remember; unless it is almost time for your next scheduled dose.

4. Will enoxaparin interact with any of my medication?

- Enoxaparin can interact with other medications so:
 - Always tell your medical and dental care providers that you are taking enoxaparin.
 - Be sure the doctor or dentist knows you are on enoxaparin if you need to have a procedure done. He or she may have special instructions for you.
 - Always fill all of your prescriptions at the same pharmacy so your pharmacist can check for interactions between them.
- Some over-the-counter (“OTC”) products called NSAIDs like ibuprofen or aspirin may increase your risk of bleeding.
 - Ask your pharmacist or doctor which products you can take safely.
- Never take herbal supplements or vitamins without discussing them first with your doctor.
- Enoxaparin is made from pork products. If you are sensitive to pork products, talk to your doctor.

5. How do I store Enoxaparin?

- Store at room temperature, away from heat and direct light. Do not refrigerate or freeze the syringes. Keep away from reach of children or pets.

6. If you have any questions about your enoxaparin or other medications, contact your healthcare provider or pharmacist.