How Do I Administer LOVENOX®?

Before injecting Lovenox at home for the first time, you or your caregiver should receive instructions from your doctor or another qualified health care professional on the proper use of Lovenox and proper technique for injection. If you or your caregiver have any questions regarding your medication or the proper injection technique, please contact KC Clevenger at 303.266.1050 or the fellow on call at 303.861.6776.

Just follow these 10 steps:

1. Wash your hands with soap and water. Dry your hands.

2. You or your child should sit or lie in a comfortable position so you can easily see the area of your stomach or thigh where you will be injecting. A lounge chair, recliner, or bed (propped up with pillows) is ideal.

3. Select an area on the right or left side of your tummy at 1-2 inches from your belly button and out toward your sides. Or select an area on the top of your leg in the middle of your thigh. Do not inject near scars or bruises.

4. Clean the area you have selected for your injection with an alcohol swab. Allow the area to dry.

5. While the area is drying, carefully pull off the needle cap from the Lovenox syringe and discard cap. To keep the needle sterile once you have removed the cap, do not set the needle down or touch the needle.

6. Hold the syringe in the hand you write with (like a pencil) and, with your other hand, gently pinch the cleansed area of your stomach or thigh between your thumb and forefinger to make a fold in the skin. Be sure to hold the skin fold throughout the injection.
7. Vertically insert the full length of the needle (at a 90º angle) into the skin fold.

![Image of a needle being inserted]

8. Press down on the plunger with your finger. This will deliver the medication into the fatty tissue of your stomach or thigh. Be sure to hold the skin fold throughout the injection.

9. Remove the needle by pulling it straight out. You can now let go of the skin fold. To avoid bruising hold firm pressure over the site of injection for 3-5 minutes. Do not rub the injection site.

10. Dispose of your Lovenox syringe in the needle container provided.

Remember:

- Do not inject yourself within about 1-2 inches of your belly button or near scars or bruises.
- Alternate the site of injection between the left and right sides of the stomach and thighs.
- LOVENOX® should never be injected into muscle, as bleeding into the muscle may occur.
- If you are left-handed, hold the syringe with your left hand.
- Minor pain or bruising may occur at the injection site. Your chances for these problems are lessened if you inject the medicine correctly and hold pressure.

Important Safety Information

- LOVENOX® (enoxaparin sodium) Injection cannot be used interchangeably with other low-molecular-weight heparins or unfractionated heparin.
- As with other anticoagulants, use with extreme caution in patients with conditions that increase the risk of hemorrhage. Bleeding can occur at any site during therapy.
- Cases of heparin-induced thrombocytopenia have been observed in clinical practice, but are rarer with low-molecular-weight heparins than with unfractionated heparins.
- LOVENOX® should not be used in patients with hypersensitivity to enoxaparin sodium, heparin, or pork products, and in patients with active major bleeding.
- Common side effects include mild local reactions or irritation, pain, hematoma, bruising, and redness of skin. Lovenox may burn while injecting. If you or your child develop excessive bleeding of the gums or excessive bruising in areas other the injection site, please contact KC Clevenger, Coagulation Nurse Practitioner at 303.861.6972 or the Hematology fellow on call at 303.861.6740.