

What is Lovenox?

Lovenox injection is an anti-thrombotic (anti-blood clot) medication. It is used to help prevent your body from forming blood clots in your veins (known as deep vein thrombosis).

Your doctor has given you a prescription for Lovenox so you can keep taking this anti-blood clot medication at home. When you have your prescription filled, you will get a box of pre-filled Lovenox syringes that are ready to use.

Can I use Lovenox with other medicines?

While you are using Lovenox, do not take any other medications, including over-the-counter medications such as aspirin, which are not prescribed or approved by your doctors.

If you see another doctor or a dentist while you are using Lovenox, be sure to tell them that you are using Lovenox.

What about side effects?

Lovenox, like all medications, may have side effects. These side effects are most often related to an increased risk of bleeding.

It is important to tell your doctor if you have any of the following:

- Bleeding or oozing from your surgical wound
- Any other bleeding, for example, bleeding at the site of injection, nosebleeds, blood in your urine, or if you cough or vomit blood
- Bruising or a bruise that you don't remember or can't explain
- Pain or swelling in any part of your leg, foot, or hip
- Dizziness
- Rapid or unusual heartbeat
- Chest pain or shortness of breath
- Vomiting, nausea, or fever
- Confusion

Remember to look at your old injection sites for the following which could be signs of infection:

- redness
- pain
- warmth
- puffiness
- change in color of the skin
- oozing

If you see any of the signs listed above, or something else that doesn't seem normal, call your doctor right away.

This information was created and reviewed through a partnership with the UAMS Patient and Family Advisory Councils.

What to know before using Lovenox

It is very important that you do what your doctor tells you with Lovenox. If you have questions, talk with your doctor. Lovenox must not be given to anyone other than the person it was prescribed for.

When Should I Give Myself Lovenox?

Give only the number of Lovenox injections your doctor has prescribed for you each day.

What should I do if I think I took too much Lovenox?

If you think you have used too much Lovenox, it is important that you call your doctor right away even if you don't have any unusual symptoms. Your doctor can then make a choice for the right treatment. Too much Lovenox can cause severe bleeding which cannot be treated at home.

Remember:

- Give Lovenox at the same times each day.
- When Lovenox is given twice a day, space the injections at about 12 hours apart (for example, inject yourself at 8:00 a.m. and 8:00 p.m.).
- If you miss a dose, call your doctor right away about what to do.
- Continue to give yourself the injections for the exact number of days given to you by your doctor.

Where should I give myself Lovenox?

Lovenox will be injected into the layer of fat just under the skin in your stomach. Lovenox should never be injected into muscle. This could cause bleeding into the muscle. By gently pinching the skin between your fingers all through the injection, the medicine only enters the fatty tissue of your stomach and not muscle.

The area of the injections should be on the right or left sides of your stomach, at least 2 inches away from your belly button and out toward the sides of your stomach.

When choosing an injection site be sure:

- that the site is easy to reach
- to keep from injecting yourself too close to your belly button or around scars or bruises
- to alternate by using both the left and the right sides of your stomach for the injections

It is important to look at old injection sites for:

- redness, pain, warmth, puffiness, discoloration of the skin, or oozing, which could be signs of infection or a skin reaction

If you see any of the signs listed above, or something else that doesn't seem normal, call your doctor right away.

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Follow These 10 Steps to Give Lovenox

1. Wash your hands well with soap and water. Dry your hands.
2. Sit or lie in a comfortable way so you can see the area of your abdomen where you will be injecting. A recliner, lounge chair, or bed propped up with pillows is best. (Figure 1)



Figure 1

3. Select an area on the right or left side of your stomach, at least 2 inches from your belly button and out toward your sides. (Figure 2)

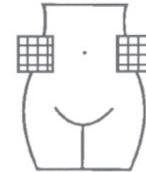


Figure 2

Remember: Do not inject yourself within about 2 inches of your belly button or near scars or bruises. Rotate the site of injection between the left and right sides of the stomach.

4. Clean the area you have chosen for your injection with alcohol. Let the area dry.
5. If the syringe contains the exact amount of your Lovenox dose, you are ready to start your injection. **Do not try to expel the air bubble from the syringe.** Skip to number 6.

If your doctor or nurse has given you instructions to adjust your Lovenox dose, you will need to expel both the air bubble and excess Lovenox from the syringe before starting the injection. To adjust your dose, hold the syringe with the needle pointing upwards. Push the plunger and expel lovenox until the syringe contains only the dose you need.

6. Hold the syringe in the hand you write with (like a pencil or a dart) and with your other hand gently pinch the cleansed area of your stomach between your thumb and forefinger to make a fold in the skin. **Be sure to hold the skin fold all the way through the injection.** (Figure 3)

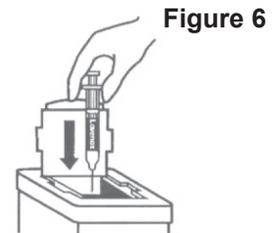
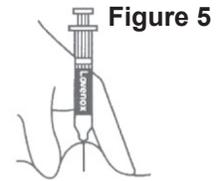
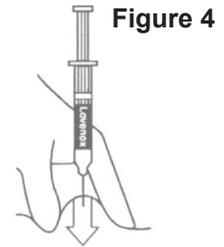


Figure 3

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Lovenox, continued

7. Going straight down, stick the full length of the needle (at a 90 degree angle) into the skin fold. (Figure 4)
8. Press down on the plunger with your finger. This will put the medicine into the fatty tissue of your stomach. Be sure to hold the skin fold all the way through the injection. (Figure 5)
9. Remove the needle by pulling it straight out. You can now let go of the skin fold. To avoid bruising, **do not rub the injection site after the injection.**
10. Drop the used syringe-needle first- into the Sharps Container you were given. Close the lid tightly, and place the container out of the reach of children. When the container is full, give it to your doctor to throw away. **Do not** put it in your household trash. (Figure 6)



Where should I store my Lovenox syringes?

Lovenox injection prefilled syringes should be stored in a safe place at room temperature. Do not freeze Lovenox.

Daily Injection Schedule – Lovenox

Injection Schedule for: _____ Dosage: _____

Day	Start Date	Time (a.m.)	Time (p.m.)	Check Injection Site	
				Left Side	Right Side
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					

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