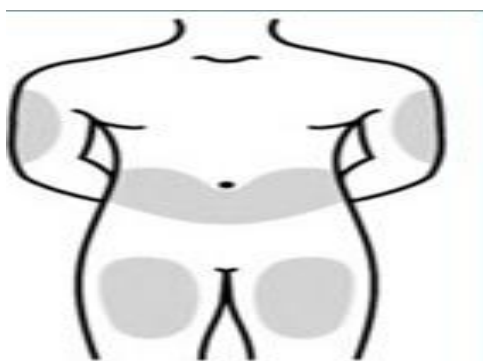


Fragmin/Dalteparin administration guideline

Information for Patients

Fragmin/Dalteparin is a medication which thins the blood in order to treat blood clots or to prevent them if you are at risk e.g. after surgery, prolonged bed-rest, in some cases during pregnancy. Dalteparin comes as a pre-filled syringe intended for injection under the skin. The injection is to be given into the fatty area of the body.

Injection sites in detail



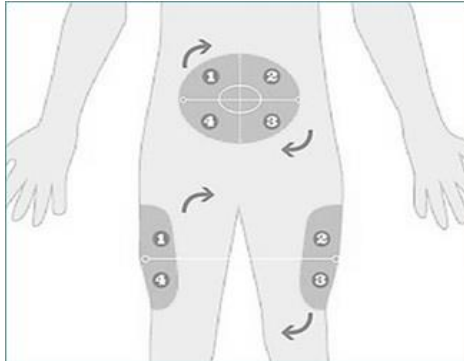
Upper Arm: Find the area halfway between the elbow and shoulder. You should be able to grasp 1 to 2 inches of a fatty fold of skin.

Abdomen: Find the area below the waist to just above the hip bone and from the side to about 2 inches from the belly button. Avoid the belly button.

Thigh: Find the area halfway between the knee and hip and slightly to the side. You should be able to grasp 1 to 2 inches of a fatty fold of skin.

A useful scheme on how to change injection site

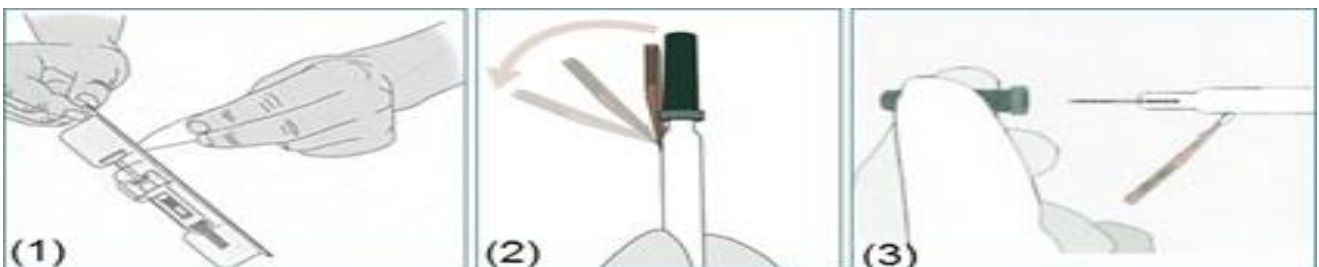
You should change injection site each day. Changing the injection site reduces the risk of complications e.g. skin scars or lumps.



Preparation

Wash your hands and clean the injection site with soap and water.

- Remove the top of the Dalteparin pack (1).
- Move the orange needle-trap down (2).
- Carefully remove the grey needle cap by pulling it (3).



Injection

- Pinch a fatty fold of skin between your fingers, this will be the injection site (4).
- With the other hand hold the syringe and firmly insert the needle in full at a 45- or 90-degree angle into the skin fold (5).
- Push the plunger to inject the medicine then pull the needle out.



Initially this may feel a little uncomfortable and painful, but future injections should feel less so.

- Do not attempt to re-apply the cap to the needle (6).
- On a hard surface, push the needle against the orange needle-trap until it locks (7).
- Dispose of the syringe in the yellow sharp bin provided (8).



Disposing of full sharps bins: You should have been provided with a sharps bin before hospital discharge. You should not put used needles or other sharps in your household waste bin or any other general waste bin.

You should contact in the number given on the sharps bin they are responsible in collecting them

Facts about Dalteparin injection

- Dalteparin increases your risk of bleeding. Take care when shaving or using sharp objects.
- If you have heavy bleeding from a surgical wound or from your nose, mouth or rectum you must inform your doctor immediately.
- It is common to develop bruises around the Dalteparin injection site. Bruises will fade away in 1-2 weeks' time.
- If you forget whether you had your injection today, seek advice from your doctor.
- The small air bubble inside Dalteparin syringe is meant to be there, do not remove it as this may lead to loss of medicine.
- The injection site can be painful for a few minutes after a Dalteparin injection. Do not rub the area.
- Make sure you read the manufacturer leaflet and follow the instructions given before you inject Dalteparin.

Other questions

If you have any further questions relating to your treatment please speak to your doctor or community nurse who will be able to help you



Further information and advice can be obtained from:

NHS 111
NHS Choices online

 **111**
www.nhs.uk

MTW NHS Trust is committed to making its patient information accessible in a range of languages and formats. If you need this leaflet in another language or format please ask one of your clinical care team or the Patient Advice and Liaison Service (PALS). We will do our best to arrange this.

Maidstone and Tunbridge Wells NHS Trust welcomes all forms of feedback from our service users. If the standard of service you have received from the Trust does not meet your expectations, we want to hear from you. Please speak with the ward manager or the nurse in charge in the first instance, or you can contact the **Patient Advice and Liaison Service (PALS)** on:

Telephone:  01622 224960 or  01892 632953

Email: mtw-tr.palsoffice@nhs.net

or visit their office at either Maidstone or Tunbridge Wells Hospital between 9.00am and 5.00pm, Monday to Friday.

You can be confident that your care will not be affected by highlighting any areas of concern or making a complaint. The Trust will retain a record of your contact, which is held separately to any medical records. If you are acting on behalf of a patient, we may need to obtain the patient's consent in order to protect patient confidentiality. More information on PALS or making a complaint can be found on the Trust's website: www.mtw.nhs.uk or pick up a leaflet from main reception.

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