

## LOVENOX SELF-INJECTION INSTRUCTIONAL GUIDE

**Lovenox** is an anticoagulant (blood thinning) medication that is used to reduce the risk of venous thrombosis (dangerous blood clots) in the legs, after major injury or surgery. You should administer your Lovenox as described below: (Please also review the videotape produced by the manufacturer which we have given you.)

- Sit down in a comfortable chair or on the side of your bed.
- Select the site for injection. The fleshy area of your lower abdomen, commonly known as your “love handle” zone, is the ideal region to inject. Stay at least 2 inches away from your navel.
- Clean the selected area with alcohol and let it air dry (do not blot dry).
- Uncap the Lovenox syringe (pull the cap off straight, to avoid bending the needle).
- DO NOT expel any air that is in the syringe.
- Gently pinch a portion of the cleansed area of abdominal tissue between your thumb and index finger, creating a fold of skin and underlying fat that is an inch or so thick. The center of this fold, midway between your thumb and index fingers, is your target for needle insertion.
- While holding the syringe like a dart, insert the full length of the needle directly (straight-on) through the skin. (Note: Quick insertion makes for a less painful skin puncture.) Once the full length of the needle is inserted, push the syringe plunger all the way down.
- Withdraw the needle from the injection site, still keeping your finger on the plunger.
- Release your thumb and index finger from the fold of flesh.
- Release your finger from the syringe plunger. Then, while pointing the syringe away from you and others, push the plunger down again with your thumb (this activates the safety device which will retract the needle and you will hear an audible "click").
- Follow our specific disposal instructions for discarding the syringe (see reverse side).
- These steps should be followed for every injection.
- Note: For each injection you should select an alternate (different) site around your abdomen. (Do not inject the same area or side of your abdomen twice in a row).
- **Note: The recommended Lovenox dose and frequency of injection will be specified in your written post-op medication instructions. The time and date to administer your first injection will also be specified. DO NOT administer any Lovenox sooner than that or excessive surgical site bleeding may occur.**

### **ALSO:**

- 1) Remember not to take any anti-inflammatory medications with the exception of Salsalate (a.k.a. Disalcid) until the day after you have finished your Lovenox. This means no Aspirin, Motrin, Ibuprofen, Aleve, Advil, Toradol, Ketorolac, Naproxen, Naprosyn, Celebrex, etc.
- 2) **NEVER** administer Lovenox any sooner than two hours after having an epidural catheter removed from your back.
- 3) Because of the small chance of developing a low blood platelet count while on Lovenox, please use the prescription attached to this sheet for a blood test on Day #5 or #6 following your surgery. You can go to a local hospital or outpatient lab, your primary care physician’s office, or to our office to have this simple test done. If you have the test done outside of our office, ask the lab or physician’s office to promptly FAX us the results. We will tell you if any problem has developed.