

CLEXANE®

What Is Clexane®?

CLEXANE® helps to reduce the risk of blood clots and is known as an anticoagulant (coagulation is the medical name for clotting of the blood). In some cases, CLEXANE® can actually be used to treat people who have had a blood clot.

Why Do I Need Clexane®?

A blood clot can develop in the large veins of the body, usually in the legs. The medical name for this condition is deep vein thrombosis (sometimes referred to as DVT, for short). Although these clots may not present an urgent risk, they do need to be treated to prevent possible problems. Sometimes, a blood clot can break free and travel through the bloodstream. If a clot lodges in the lungs, it can cause chest pain and difficulty in breathing. It can be very dangerous if not treated. The medical name for this condition is pulmonary embolism (PE).

How Should I Take Clexane®?

CLEXANE® needs to be taken as an injection. You should have your CLEXANE® injection at the same time every day. Your nurse or doctor will tell you how long your CLEXANE® treatment will last.

Things to look out for

If you notice any of the following effects, contact your nurse or doctor at once:

- Bleeding from a wound
- Any other bleeding – for example, from the skin where you have injected, nosebleeds, blood in your urine (pink or dark brown), or if you cough up or vomit blood
- Unusual bruising not caused by a blow or any other obvious reason
- You should also tell your nurse or doctor if:
- You have a serious fall or head injury
- You become pregnant or you are planning to become pregnant
- You notice any other unusual symptoms

The information in this leaflet is not intended to replace the advice of your nurse or doctor.

For patients starting Clexane® for possible Deep Vein Thrombosis ('clots in the legs'):

The Anticoagulant Nurse Specialists will contact you regarding the scan appointment (Monday to Friday 9am to 5pm excluding bank Holidays)

For patients on Clexane® for plaster cast:

The Anticoagulant Nurse will contact you by phone. Please ensure the emergency department (A&E) has your up to date contact details.

If you have any concerns or problems regarding the Clexane® injections or the timing of your scan please do not hesitate to contact the Anticoagulant Nurse Specialists on 01905 733784.

Step by Step Instructions for Injecting Clexane®

1. First, wash your hands with soap and water. Then dry them thoroughly.
2. Sit or lie in a comfortable position so that you can see the part of your stomach where you are going to inject.
3. Choose an area on either the left or the right side of your stomach at least two inches away from your navel – out towards your side.
4. Carefully remove the protective cap from the end of the syringe taking care not to bend the needle.
5. Hold the syringe like a pencil in the hand you normally write with. Pinch a fold of the skin you are going to inject between the thumb and index finger of your other hand.
6. Insert the whole length of the needle into the fold of skin, keeping hold of the skin between your thumb and forefinger. Make sure you keep the needle straight and at right angles to your body.
7. Press down gently but firmly on the plunger until it stops and the syringe is empty.
8. Your injection is over, and you can now gently pull the needle out, taking care to keep it straight. A protective sleeve will automatically cover the needle. You can now let go of the skin fold.
9. Keeping the needle pointing down and away from you, drop the used syringe straight into the safety bin.
10. Your nurse or doctor will be able to tell you what to do when the safety bin is full. It is important that you do not throw this away with your household rubbish.

Do's and Don'ts when injecting Clexane®

- ✓ **Do** make sure you keep holding the fold of skin on your abdomen until you have completely finished your injection. This will ensure that the medicine goes into the fatty tissue and not the muscle where it could cause bruising.
- ✓ **Do** alternate the side on which you inject – right one day, left the next day.
- ✓ **Do** make sure you put your used syringes into the safety bin each time you inject – never leave a used syringe lying around the house.
- ✓ **Do** follow the advice of your nurse or doctor when taking your CLEXANE® injections.
- ✓ **Do** take your CLEXANE® injection at the same time every day.
- ✓ **Do** look for unusual signs of bleeding.
- ✓ **Do** take care when shaving or using other sharp objects as you may bleed more easily than usual.
- ✗ **Don't** put the CLEXANE® syringe down anywhere or touch the needle with anything before you inject as this will help to keep it sterile and reduce the risk of infection.
- ✗ **Don't** twist off the needle cap, as this could bend the needle.
- ✗ **Don't** inject CLEXANE® into bruised or scarred skin or anywhere that might be rubbed by clothing.
- ✗ **Don't** rub the skin after you have injected, as this can cause bruising.
- ✗ **Don't** let anyone else use your CLEXANE® syringes.
- ✗ **Don't** put CLEXANE® in the fridge or the freezer –keep it at room temperature.
- ✗ **Don't** take any of these medicines while you are using CLEXANE® unless your nurse or doctor tells you to: aspirin or anything that contains aspirin or pain relievers known as non-steroidal anti-inflammatory drugs (such as ibuprofen).
- ✗ **Don't** use CLEXANE® if you are hypersensitive (allergic) to Enoxaparin Sodium or Heparin.

Top Tip

Shaking the drop off the end of the needle before insertion will prevent bruising on your stomach.
CHECK BEFORE YOU INJECT.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day. If you are unable to understand this leaflet, please communicate with a member of staff.

For additional medical advice, if your symptoms or condition worsens:

Contact your GP

NHS 111:

Get help with your symptoms, NHS111:

Information to help you manage your health:

Telephone 111

<https://111.nhs.uk/>

www.nhs.uk

In an emergency telephone 999

Emergency Department (A&E)
Alexandra Hospital
Woodrow Drive
Redditch B98 7UB

Tel: 01527 512030

Minor Injury Unit
Kidderminster Hospital
Bewdley Road
Kidderminster DY11 6RJ

Tel: 01562 513039

Emergency Department (A&E)
Worcestershire Royal Hospital
Charles Hastings Way
Worcester WR5 1DD

Tel: 01905 760743