

PATIENT/FAMILY INFORMATION SHEET

What is Lovenox (enoxaparin)?

Lovenox (enoxaparin) is an anticoagulant. 'Anti-' means against and '-coagulant' refers to blood clotting. Therefore, Lovenox helps reduce clots from forming in the blood.

How is Lovenox given?

Lovenox is given by an injection under the skin (subcutaneously) near an area on the right or left side of your stomach. Lovenox should not be given into the muscle. Specific injections instructions are given on the next page.

What are potential adverse effects?

As with all anticoagulants, bleeding is the major adverse effect of Lovenox. Bleeding can occur at virtually any site (gums, urine, eye, skin). The risk is dependent on multiple variables.

You should contact your health care provider if you experience signs or symptoms of bleeding that do not stop after a few minutes, such as:

- Persistent headache
- Nose bleeds
- Bleeding of gums
- Red or black colored bowel movement
- Red or dark brown colored urine
- Vomiting blood
- Bleeding when shaving
- Unusually heavy vaginal bleeding

This is not a complete list of possible side effects. If you notice other side effects not listed contact your provider.

Do I need to have my blood monitored?

Unlike some other anticoagulants, (i.e. Coumadin), blood testing is not required for Lovenox. You may be getting your blood drawn for other reasons depending on your medical condition.

Will I stay on Lovenox for long time?

Duration of use of Lovenox is dependent on your medical condition. Some patients are only on Lovenox while hospitalized, while other will continue for a short time after leaving the hospital. Some patients will be transitioned to Coumadin (warfarin), which is an oral anticoagulant. If your condition warrants Coumadin, your physician will generally overlap Lovenox and Coumadin for a couple of days and then Lovenox will discontinue. Again, your physician or health care provider will give you your specific plan of care.

What are some potential interactions?

Any drugs that can potentially increase bleeding risk are a concern. Some common examples are ibuprofen, naproxen, or aspirin. Herbal medications such as garlic, ginger, ginkgo, and ginseng all have increased bleeding risks. It is important that you inform your health care provider about any medications or supplements that you take.

How do I store Lovenox?

Store at 25°C (77°F) room temperature, away from heat and direct light. Do not refrigerate or freeze the syringes.

How do I administer Lovenox injection?

Just follow these steps:

1. Gather supplies (*alcohol swabs, Lovenox syringe(s) and disposal container*)
2. Wash your hands with soap and water. Dry your hands.
3. Sit or lie in a comfortable position so you can easily see the area of your stomach where you will be injecting. A lounge chair, recliner, or bed is ideal.
4. Select an area on the right or left side of your stomach.
5. Clean the area you have selected for your injection with one of the alcohol swabs provided. Allow the area to dry.
6. While the area is drying, carefully pull off the needle cap from the Lovenox syringe and discard cap. Do not press on the plunger prior to injection to expel the air bubble as medicine may be lost. To keep the needle sterile once you have removed the cap, do not set the needle down or touch the needle.
7. Hold the syringe in the hand you write with (hold it like a pencil), 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 throughout the injection.
8. Vertically insert the full length of the needle (at a 90° angle) into the skin fold.
9. Press down on the plunger with your finger. This will deliver the medication into the fatty tissue of your stomach. Be sure to hold the skin fold through out the injection.
10. Remove the needle by pulling it straight out. You can now let go of the skin fold.
11. Drop the used syringe needle first into an empty plastic container such as empty liquid laundry detergent bottle, empty bleach bottle, sharp container or any impermeable container. Do not return used syringes to the hospital.

Remember:

- Select an area at least 2 inches from your belly button. Avoid scars or bruises.
- Alternate the site of injection between the left and right sides of the stomach.
- 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.
- Keep medication out of the reach of children