



In the name of God

Shohada Educational & Treatment Hospital

How to inject Clexane for patients



Patient and public education committee

Recognizing possible side effects during treatment with Clexane. Does Clexane have any side effects?

All drugs can have side effects. The most common side effects of Clexane include bruising, sensitivity and mild local reactions, pain, hematoma (bleeding inside the skin that creates a mass), redness of the skin, and nodule (a small and hard local bump at the injection site).

Keep in mind that there may be slight pain or bruising at the injection site; however, redness, pain, warmth, swelling, skin discoloration, discharge at the injection site, or fever may be signs of a skin reaction or infection. Inform the doctor if there are symptoms

If you see any of the following side effects, see your doctor:

- ✓ Any type of bleeding from the injection site, nosebleeds, presence of blood in the urine (which turns the urine pink or dark brown in color)
- ✓ Seeing blood when coughing or vomiting blood
- ✓ Unusual bruising caused by trauma or without any other obvious cause.
- ✓ Notify your doctor in case of falling or hitting your head, pregnancy or decision to become pregnant, and the appearance of any abnormal symptoms or conditions.

- You should not use the following drugs if you are taking Clexane or Warfarin (an oral anticoagulant known as Coumadin) unless

Your doctor has given this permission:

- Aspirin or products containing aspirin and other platelet inhibitor drugs such as clopidogrel
- Non-steroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen and naproxen
- Medicines for colds, anti-allergy or pain relievers containing any of these medicines

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The use of these drugs can prolong the time required for blood coagulation, and their simultaneous use with Clexane or Warfarin may increase the risk of bleeding.

- ✚ You should not make Clexane accessible to anyone other than the person for whom this medicine has been prescribed.

- Sufficient care should be taken when shaving, using knives and other cutting tools.
- You should inform your doctor if you are using other medicines and food or herbal supplements. Some drugs affect the way Clexane works and may cause serious problems. Also, if you intend to start another medicine; discontinue or change. Notify your doctor.
- You have to keep Clexane away from heat, humidity and light.
- You should not freeze Clexane, keep it at room temperature (15-25 degrees Celsius).
- After removing the needle cap, do not hold it down or let it touch anything. Compliance with this issue helps to keep the syringe sterile.
- Do not twist the needle cap to remove it because it may cause the needle to bend.
- You should not inject Clexane into wounds and bruises.
- Do not massage the injection site after injection, otherwise it will cause bruising.

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6- Insert the entire length of the needle vertically (90 degrees) into the created skin fold and press to the end of the piston so that the air inside the syringe also enters the skin at the end of the medicine.



7 -Remove the syringe vertically and release the skin fold.

8 -Throw the used syringe in a safe container after injection.

Dos and don'ts in Clexane injection:

- After cleaning the injection site with alcohol, you should let it dry, the presence of moisture increases the burning sensation.
- You should keep the skin fold of the abdomen gently until the end of the injection. By holding the skin between your fingers during the injection, the medicine only enters the fat tissue of the abdomen and does not reach the muscle.
- You should watch out for unusual or unwanted symptoms caused by bleeding. See drug side effects.

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What is Clexane?

Clexane is a type of anticoagulant drug that is used to reduce the risk of blood clots. Clexane should be injected under the skin in the same amount and for as long as the doctor orders. Clexane should be injected at the same time every day.

What is the correct method of injecting Clexane ampoule?

1 -Wash your hands with soap and water and then dry them.

2 -Do the injection while lying down or sitting down. Choose a part of the stomach surface on the left or right side from the sides to 5 cm before the navel. Clean the injection site with alcohol cotton, perform the next injections one in a time on the left or right side of the abdomen.

3 -Remove the protective cap from the needle. If the drop comes out of the end of the needle, remove it by tapping the syringe before injection.

4 -The pre-filled syringe is ready to use. Do not ventilate before injection.

5 -Hold the syringe like a pen with the hand you write with as shown in the picture. With your other hand, gently pinch the cleaned part of your stomach between your thumb and forefinger to create a crease in the skin.

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