

What is enoxaparin (Lovenox®)?

- Enoxaparin is also called Lovenox®
- Enoxaparin(Lovenox®) is an anticoagulant, or blood thinner, that works to prevent blood clots from forming in your body or treat blood clots after they have formed.
 - Blood clots can block a blood vessel cutting off blood supply to the area.
 - Rarely, clots can break into pieces and travel in the blood stream, lodging in the heart (causing a heart attack), the lungs (causing a pulmonary embolus), or in the brain (causing a stroke).

How should I give myself enoxaparin (Lovenox®)?

- Take enoxaparin(Lovenox®) exactly as prescribed by your doctor.
- Enoxaparin(Lovenox®) is injected into your skin. You can give yourself these shots or have a home caregiver give them to you. If you or your caregiver has any questions regarding your medication or the right way to give the injection, please contact your doctor or anticoagulation provider.
- To watch a video on how to give yourself an injection go to:
<https://www.lovenox.com/patient-self-injection-video>

- **To inject Enoxaparin(Lovenox®), follow these 12 steps:**

1. Wash your hands with soap and warm water to prevent infections. The Center for Disease Control and Prevention (CDC) recommends lathering for 20 seconds – the time it takes to sing “Happy birthday” twice. Dry your hands

2. Gather all your supplies.

3. Sit or lie in a comfortable position so you can easily see the area of your stomach where you will be injecting.
4. Select an area on the right or left side of your stomach, at least 2 inches from your belly button.
5. Clean the area you have selected for your injection with an alcohol swab. Allow the area to dry.
6. Carefully pull off the needle cap from the syringe and discard the cap. Do not press on the plunger prior to injection. Do not set the syringe down or touch the needle.
7. Hold the syringe in the hand you write with (hold it like a pencil).
8. With your other hand, pinch an inch of the clean skin to make a fold in the skin. Insert the full length of the needle straight down (at a 90 degree angle) into the fold of the skin.
9. While still pinching your skin, press the plunger with your thumb until the syringe is empty.
10. Pull the needle straight out at the same angle that it was inserted and release your grip on the skin fold.
11. Point the needle down and away from yourself and others. Push down on the plunger to activate the safety mechanism.
12. Place the used syringe in a sharps container or a hard container that can be sealed.

What should I do if I miss a dose of enoxaparin (Lovenox®)?

- If it is closer to the time you were supposed to use Enoxaparin (Lovenox®), do the injection.

- If it is closer to the time of your next dose, skip the missed injection and do the next injection at the normal time it was due.

How should I store enoxaparin (Lovenox®)?

Store at room temperature in a dry area (avoid storing it in the bathroom).
Keep out of the reach of children.

What should I know about enoxaparin (Lovenox®)?

- Enoxaparin(Lovenox®) can increase your risk of bleeding because it lessens your body's ability to clot. While you take Enoxaparin(Lovenox®), you may bruise more easily and it may take longer for bleeding to stop.
- Enoxaparin(Lovenox®) can cause bleeding which can be serious. You may have a higher risk of bleeding if you take Enoxaparin(Lovenox®) and:
 - You are over 75 years old
 - You have kidney problems
 - You have stomach or intestine bleeding that is recent or recurs, or have a stomach ulcer.
 - You take other medications that increase your risk of bleeding, including:
 - Aspirin or products that contain aspirin
 - Long-term use of non-steroidal anti-inflammatory drugs (NSAIDs) including ibuprofen and naproxen.
 - Clopidogrel (Plavix®), prasugrel (Effient®), or ticagrelor (Brilinta®)
- Sometimes enoxaparin is given with warfarin (Coumadin®), another blood thinner, until warfarin becomes effective. After your warfarin becomes effective, you will no longer use enoxaparin. Your doctor or anticoagulation service will tell you if you need to stop using enoxaparin. Never decide to stop using it on your own.

What are the potential side effects of enoxaparin (Lovenox®)?

- Enoxaparin(Lovenox®) injections may cause bruises to form on your stomach where you give the injections.
- Enoxaparin(Lovenox®) can increase your risk of bleeding because it lessens your body's ability to clot. While you take Enoxaparin(Lovenox®), you may bruise more easily and it may take longer for bleeding to stop.
- In some people, enoxaparin can cause symptoms of an allergic reaction, including hives, rash, and itching. Seek medical attention right away if you get any of the following symptoms of a serious allergic reaction:
 - Chest pain or chest tightness
 - Swelling of your face or tongue
 - Trouble breathing or wheezing
 - Feeling dizzy or faint

When should I call my doctor or anticoagulation service?

- If you start or stop any medications, including over-the-counter medications or herbal supplements. These may affect the way Enoxaparin(Lovenox®) works.
- You are having a surgery or procedure there may be special instructions about how to take your Enoxaparin(Lovenox®)
- You need a medication refill (notify them before you are out of Enoxaparin(Lovenox®) so you do not run out).
- If you are unable to afford Enoxaparin(Lovenox®)
- If you experience any unexpected bleeding or bleeding that lasts a long time, such as:
 - Unusual bleeding from the gums
 - Nose bleeds that happen often
 - Menstrual bleeding or vaginal bleeding that is heavier than normal
 - Bruises that happen without a known cause or get larger

When should I seek emergency medical help?

- Call 911 immediately if you experience any of the following symptoms:
- If you experience any of the following signs and symptoms of bleeding:
 - Bleeding that is severe or bleeding that you cannot control
 - Pink or brown urine
 - Red or black stools (that look like tar)
 - Coughing up blood or blood clots
 - Vomiting up blood or if your vomit looks like “coffee grounds”
- If you experience any of the following signs and symptoms of a stroke:
 - Dizziness, sudden loss of vision, or sudden severe headache
 - Numbness or weakness in any limb
 - Difficulty speaking or slurred speech
 - Drooping on one side of your face
- If you experience any of the following signs and symptoms of blood clots:
 - Sudden severe shortness of breath, chest pain
 - Swelling, redness, heat, or pain in any limb

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