

依诺肝素 (Lovenox®)

Enoxaparin (Lovenox®)

什么是依诺肝素 (Lovenox®)?

What is enoxaparin (Lovenox®)?

- 依诺肝素是个血液稀释药物。这药物的商品名也称为 Lovenox®
- Enoxaparin is a blood thinner medication. This medication is also called by its brand name, Lovenox®.
- 依诺肝素 (Lovenox®) 用于预防血栓在身体内形成或在血栓形成后用来治疗。
- Enoxaparin (Lovenox®) is used to prevent blood clots from forming in your body or to treat blood clots after they have formed.
 - 血栓能堵住血管，切断该区域的血液供应。
 - Blood clots can block a blood vessel, cutting off blood supply to the area.
 - 血栓在极少数的情况下会破裂成片并进入血液循环，这些碎片可能会卡在心脏部位（导致心脏病）、肺部（导致肺栓塞）或脑部（导致中风）。
 - Rarely, clots can break into pieces and travel in the bloodstream. Those pieces may get stuck in the heart (causing a heart attack), the lungs (causing a pulmonary embolus), or in the brain (causing a stroke).

我应该如何使用依诺肝素 (Lovenox®)?

How should I take enoxaparin (Lovenox®)?

- 请准确按照医生规定的方式使用依诺肝素 (Lovenox®)。
- Take enoxaparin (Lovenox®) exactly as prescribed by your doctor.
- 将依诺肝素 (Lovenox®) 注射到您的皮肤中。您可以自行注射，也可以让居家照护者帮您注射。如果您或您的居家照护者对您的药物或正确的注射方式有任何疑问，请联系您的医生或抗凝诊所。遵照以下步骤来注射依诺肝素(Lovenox®):
- 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 questions about the medication or how to give the injection, contact your doctor or anticoagulation provider. Follow the steps below to inject enoxaparin (Lovenox®):
 1. 使用肥皂和温水清洗双手。用干净的毛巾擦干双手。
Wash your hands with soap and water. Dry your hands with a clean towel.
 2. 坐或躺在一个舒适的位置，以便您容易看见将要注射的腹部区域。
Sit or lie down in a comfortable position, so you can easily see the area of your stomach where you will be injecting the medication.
 3. 在腹部右侧或左侧（距离肚脐至少 2 英寸）选择一个区域。用酒精棉签清洁您将注射的区域并让该区域晾干。

Pick an area on the left or right side of your stomach, at least 2 inches away from your belly button. Clean the area with an alcohol swab and let the area dry.

4. 小心翼翼地取下注射器的针帽并丢掉。小心别按压针管的柱塞。请勿将针管放下或触碰针头。

Carefully pull the needle cap off the syringe and throw the cap away. Be careful not to press the plunger on the syringe yet. Don't set the syringe down or touch the needle.

5. 用写字的手握住注射器（像握铅笔一样握住它）。用另一只手捏住一寸已清洁过的肚皮，在皮肤上做一个褶皱。将整个针头垂直向下（以 90° 的角度）插入皮肤的褶皱中。

Hold the syringe like a pencil in the hand you write with. Then, with your other hand, pinch an inch of the belly skin you cleaned to make a fold in the skin. Insert the full length of the needle straight down (at a 90° angle) into the fold of the skin.

6. 保持捏住皮肤，并用拇指按压柱塞，直到注射器变空。

While still pinching your skin, use your thumb to press the plunger on the syringe until the syringe is empty.

7. 以插入时相同的角度将针头直接拔出，并松开被捏住的皮肤。

Pull the needle straight out of your skin (at the same angle you inserted it) and stop pinching the skin.

8. 将针头朝下，远离自己和他人。向下按柱塞，启动安全装置。(一个保护套会覆盖针头，您会听到‘咔嗒’的声音。)

Point the needle down and away from yourself and other people.

Push down on the plunger to activate the safety device (a protective sleeve will cover the needle and you' ll hear a "click" sound).

将用过的注射器放入利器容器或可密封的硬容器中。

Put the used syringe in a sharps container or a hard container that can be sealed.

- 有时依诺肝素会与另一种血液稀释剂华法林 (Coumadin®) 结合使用，直到华法林发挥药效为止。华法林发挥药效后，您将不需要使用依诺肝素了。您的医生或抗凝诊所会告知您是否需要停止使用依诺肝素。请勿自行决定停止使用依诺肝素 (Lovenox®)。
- Sometimes enoxaparin (Lovenox®) is given with another blood thinner called warfarin (Coumadin®) until the warfarin starts working. After your warfarin medication becomes effective, you won' t need to take enoxaparin (Lovenox®) anymore. Your doctor or anticoagulation provider will tell you if you need to stop using enoxaparin (Lovenox®). Never decide to stop using enoxaparin (Lovenox®) on your own.

我应该如何存放依诺肝素 (Lovenox®)?

How should I store enoxaparin (Lovenox®)?

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请将其存放于常温。

Store this medication at room temperature.

我该知道使用依诺肝素 (Lovenox®) 有哪些风险？

What should I know about the risks of taking enoxaparin (Lovenox®)?

- 依诺肝素 (Lovenox®) 能增加您出血的风险，因为其可减弱您身体的凝血功能。在注射依诺肝素 (Lovenox®) 期间，您可能更容易瘀血并需要更长时间才能止血。
- Enoxaparin (Lovenox®) can increase your risk of bleeding because it reduces your blood's ability to clot. While you take enoxaparin (Lovenox®), you may bruise more easily and it may take longer for bleeding to stop.
- 依诺肝素 (Lovenox®) 造成的出血可能是严重的。如果您注射依诺肝素 (Lovenox®) 且符合以下情况，则您出血的几率可能更高：：
- Enoxaparin (Lovenox®) can cause bleeding which can be serious. You may have a higher risk of bleeding if you take enoxaparin (Lovenox®) and:
 - 年满 75 岁以上
 - You are over 75 years old.
 - 患有肾脏疾病

- You have kidney problems.
- 最近出现或复发(消失了然后又出现)胃或肠道出血
- You have stomach or intestine bleeding that is recent or recurs (goes away and then comes back).
- 患有胃溃疡
- You have a stomach ulcer.
- 您服用其他药物可能导致出血几率升高，包括：
- You take other medications that increase your risk of bleeding, including:
 - 阿司匹林或含阿司匹林的药物。
 - Aspirin or products that contain aspirin
 - 长期服用非甾体抗炎药 (Non-steroidal Anti-inflammatory Drugs, NSAIDs), 包括布洛芬及萘普生。
 - Long-term use of non-steroidal anti-inflammatory drugs (NSAIDs), including ibuprofen and naproxen
 - 氯吡格雷 (Plavix®)、普拉格雷 (Effient®) 或替格瑞洛 (Brilinta®)
 - Clopidogrel (Plavix®), prasugrel (Effient®), or ticagrelor (Brilinta®)

注射依诺肝素 (Lovenox®) 有哪些潜在的副作用？

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

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- 依诺肝素 (Lovenox®) 能增加您出血的风险，因为其可减弱您身体的凝血功能。在注射依诺肝素 (Lovenox®) 期间，您可能更容易瘀血并需要更长时间才能止血。
- Enoxaparin (Lovenox®) can increase your risk of bleeding because it reduces your blood's ability to clot. While you take enoxaparin (Lovenox®), you may bruise more easily and it may take longer for bleeding to stop.
- 部分人群使用依诺肝素后可能出现过敏反应，包括荨麻疹、皮疹和瘙痒。如果您出现以下任一严重过敏反应，请立即寻求医疗救助：
- For some people, enoxaparin (Lovenox®) can cause symptoms of an allergic reaction, including hives, rash, and itching. Get medical help immediately if you get any of these symptoms of a serious allergic reaction:
 - 胸痛或胸闷
 - Chest pain or chest tightness
 - 面部或舌头肿胀
 - Swelling of your face or tongue
 - 呼吸困难或气喘
 - Trouble breathing, or wheezing
 - 感到头晕或即将晕厥
 - Feeling dizzy or faint

我应该何时致电我的医生或抗凝诊所？

When should I call my doctor or the Anticoagulation Clinic?

如果有下列状况, 打电话给您的医生或打给我们

Call your doctor, or call us, if:

- 在您开始或停止使用任何药物的时候（包括非处方药物或草药补品）。因为它可能影响依诺肝素 (Lovenox®) 的药效。
- You start or stop any medications, including over-the-counter medications or herbal supplements. These may affect the way enoxaparin (Lovenox®) works.
- 您将进行外科手术或其他医疗程序时，因为您可能会需要了解如何使用依诺肝素 (Lovenox®) 的特别指示。
- You are having a surgery or a procedure, as you may have special instructions on how to take enoxaparin (Lovenox®).
- 在您需要补购药物的时候. 在您快要用完依诺肝素 (Lovenox®) 前告诉您的医生，以避免药量不足。
- You need a medication refill. Try to tell your doctor before you are out of enoxaparin (Lovenox®) so you do not run out.
- 在您意外出血或长时间出血的时候，例如：
- You have any unexpected bleeding or bleeding that lasts a long time, such as:
 - 牙龈异常出血

- Unusual bleeding from the gums
- 频繁流鼻血
- Nose bleeds that happen often
- 月经(经期)或阴道出血量异常多
- Menstrual (period) or vaginal bleeding that is heavier than normal
- 尿中有血(尿液呈红色或咖啡或可乐的颜色)
- Blood in your urine (pee that is red or the color of coffee or cola)
- 出现未知原因的淤血或淤血范围增大
- Bruises that happen without a known cause, or bruises that get larger

我应该何时寻求紧急医疗救助?

When should I get emergency help?

如果您出现以下任何症状，请致电 911：

Call 911 immediately if you have any of the following serious conditions:

- 您出现以下任严重出血体征和症状：
- You have any signs or symptoms of serious bleeding:
 - 出血情况严重或您无法止血
 - Severe bleeding, or bleeding you can' t control
 - 大便呈红色或黑色（大便如沥青一样）
 - Red or black stools (poop that looks like tar)

- 咳血或咳血块
- Coughing up blood or blood clots
- 呕吐出血或您的呕吐物看起来像“咖啡渣”
- Vomiting up blood, or if your vomit looks like coffee grounds
- 鼻子或牙龈流血不止
- Uncontrolled bleeding from your nose or gums
- 割伤不能止血
- Cuts that will not stop bleeding
- 如果您出现以下任一中风体征和症状：
 - 头晕、突发性视力丧失或突发性严重头疼
 - Dizziness, sudden loss of vision, or a sudden severe headache
 - 任何一个手臂或腿麻木或无力
 - Numbness or weakness in any arm or leg
 - 说话困难或口齿不清
 - Trouble speaking, or slurred speech
 - 面部一侧下垂
 - Drooping on one side of your face
- 如果您出现以下任一血栓体征和症状：
 - 突发性严重呼吸短促
- You have any signs or symptoms of a stroke:
 - 头晕、突发性视力丧失或突发性严重头疼
 - Dizziness, sudden loss of vision, or a sudden severe headache
 - 任何一个手臂或腿麻木或无力
 - Numbness or weakness in any arm or leg
 - 说话困难或口齿不清
 - Trouble speaking, or slurred speech
 - 面部一侧下垂
 - Drooping on one side of your face
- You have signs or symptoms of blood clots:
 - 突发性严重呼吸短促

- Sudden severe shortness of breath
- 胸痛
- Chest pain
- 任何一个手臂或腿发生肿胀、泛红、发热或疼痛
- Swelling, redness, heat or pain in any arm or leg

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作者： Elizabeth Renner, PharmD

审稿员： Nghi Ha, PharmD

编辑： Brittany Batell, MPH MSW

Author: Elizabeth Renner, PharmD

Reviewer: Nghi Ha, PharmD

Edited by: Brittany Batell, MPH MSW

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