

# What is Fragmin and what is it used for?

An information guide



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Fragmin® (also known as Dalteparin) is a medication which helps to prevent the formation of blood clots by thinning the blood.

A blood clot can develop in the large veins of the body after surgery, prolonged bed rest which may be due to a medical condition or in people who have certain types of cancer. They can develop in the legs (Deep Vein Thrombosis - DVT) or in the lungs (Pulmonary Embolism - PE).

## How should I take Fragmin®?

Fragmin® needs to be taken as an injection under the skin at the same time every day for the length of your treatment. Your doctor decides your dosage based on your needs, body weight and current medical conditions.

## Whilst having these injections:

- Take care when shaving or using sharp objects as you may bleed easily
- Avoid tobacco smoking as this may interfere with Fragmin®
- Avoid aspirin or pain relievers known as non-steroidal anti-inflammatory drugs (such as ibuprofen) as these can increase the effect of Fragmin®

## How do I store my injections?

- **Do** keep them in a safe place away from children and pets
- **Do** store at room temperature
- **Do not** keep your injections in the fridge or freezer
- **Do not** use after the expiry date stated on the injection.

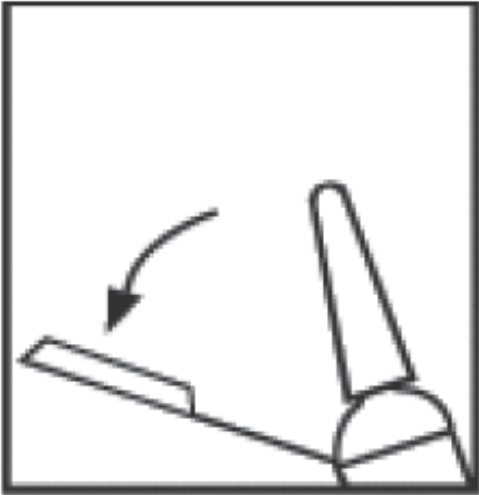
**Your nurse will already have shown you how to inject yourself and it is important that you know and follow the correct technique before you try to inject yourself.**

### **How to inject Fragmin®**

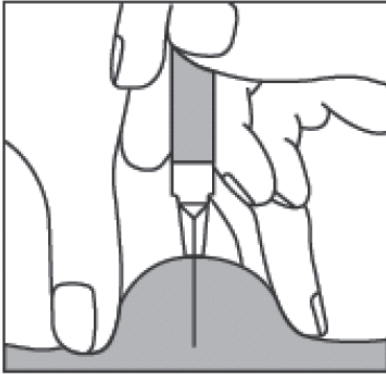
- Check the expiry date on the syringe. Do not use if the date has passed
- Check the syringe is not damaged and the medicine in it is a clear solution. If not, use another syringe
- Make sure the dosage is correct
- Wash your hands and the injection site with soap and water and dry well
- Sit or lie down in a comfortable position. Make sure that you can see the area of your stomach where you are going to inject. You could use a mirror to make this easier
- Choose an area on either the left or the right side of your stomach which is at least 5cm away from your belly button, any scars and/or bruises. To reduce any bruising, change injection site each day from left to right abdomen.



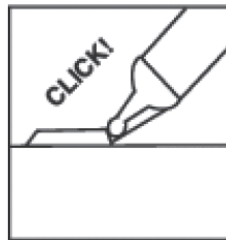
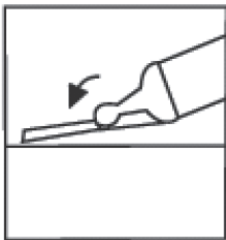
- Pick up the syringe, grasp the tip of the plastic needle catcher and bend it away from the shield. Remove the grey rubber cover by pulling it straight off.



- You will notice an air bubble in the syringe. It is supposed to be there and you can just ignore it. **DO NOT** press on the plunger to remove any air bubbles as this may lead to loss of medicine
- To reduce the risk of infection do not allow the sterile needle to come into contact with anything other than the chosen injection site
- Hold the syringe like a pencil in the hand you normally write with. With your other hand pinch a fold of your cleaned skin between your thumb and fore finger. Hold this skin fold throughout the injection to ensure that the medicine enters the fatty tissue as needed
- Hold the syringe vertically at a right angle to your body and insert the full length of the needle into the fold of skin as shown below.



- Now press the plunger with your thumb and inject the Fragmin® slowly until the syringe is empty
- Release the fold of skin and gently pull the needle out, taking care to keep it straight
- To prevent bruising **DO NOT** rub the injection site. If your stomach becomes very bruised and sore please contact your GP
- Place the plastic catcher against a hard stable surface and with one hand pivot the syringe barrel upwards against the needle forcing the needle into the catcher where it locks in place. Continue bending the needle until the syringe exceeds a 45 degree angle with the flat surface to render it unusable.



- Drop the used syringe into the yellow safety bin provided
- When not in use, store this safety bin away from children and pets
- Once  $\frac{3}{4}$  full, the bin should be securely closed and taken to your local health centre or pharmacy for safe disposal and

replacement as required. Please do not dispose of the container with your general household waste.

### **Possible Side-Effects:**

Like all medicines, Fragmin® can have side effects.

**If you suffer from any of the following, contact your local A&E department or doctor immediately:**

- If heavy bleeding from a surgical wound or injection sites occurs
- A painful rash of dark red spots/pink patches under the skin which do not go away when you put pressure on them
- A feeling of tenderness and swelling in your stomach
- Heavy nose bleeds
- Blood in your urine or faeces
- Coughing up or vomiting blood
- Sudden severe headache
- Bruising of your spine or back pain
- Tingling, numbness or weakness in your legs
- Bowel or bladder problems
- Unusual bruising of no known cause
- A fall or head injury
- Changes in heartbeat
- An allergic reaction which can involve a rash, swallowing or breathing problems, swelling of your lips, face, throat or tongue
- Any other unusual symptoms.

## **What If....**

### **I have had too much or too little Fragmin®?**

Tell your doctor immediately, even if you are feeling okay.

### **If someone else accidentally injects it?**

Take them to A&E department straight away.

### **I forget to have my injection?**

Seek advice from your doctor.

### **Do not** have a double dose on the same day.

The information in this guide is not intended to replace the advice of your nurse or doctor. If you have any further questions relating to your treatment please speak to your doctor or community nurse who will be able to help you.

**If English is not your first language and you need help, please contact the Interpretation and Translation Service**

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

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☎ : 0161 627 8770

@ : interpretation@pat.nhs.uk

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**For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service**

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