

Enoxaparin for prevention or treatment of a blood clot

This leaflet has been written for patients in hospital, or those who have been discharged, from the hospital, who need to receive medicines for the prevention or treatment of a blood clot. It does not replace explanations and information given to you by our staff but we hope you will find it a helpful guide to use during and after your stay in hospital. If you have any questions or need any further information please do not hesitate to ask your Doctor or nurse.

What is a blood clot?

Deep Vein Thrombosis (DVT) is the name given to a blood clot which forms inside a vein. Typically these clots form inside the veins of the leg, interrupting blood flow and making the leg swollen and painful.

Sometimes these clots can break off and become lodged in one of the arteries in the lung. This is called Pulmonary Embolism (PE) and can cause pain, breathlessness, and lack of oxygen in the blood which can be fatal.

DVT may also cause life long problems such as painful swollen legs, varicose veins and ulcers. It is estimated that 25,000 people who are admitted to hospital in the UK die from preventable blood clots each year.

DVT and PE are known together as Venous Thromboembolism (VTE)

Am I at risk of a blood clot?

Please ask to see a copy of the leaflet "Are you at risk of a blood clot in hospital?" for further information.

Your medical team have decided that you require prevention with a medicine called Enoxaparin to help to reduce your risk of developing a blood clot.

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- **Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available**
- **If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111**
- **Keep the environment clean and tidy**
- **Let's work together to keep infections out of our hospitals and care homes.**

What is Enoxaparin?

In the blood there is normally a balance between protein molecules that help blood to clot and protein molecules that help to stop blood clotting while in the body. These blood thinning proteins are called anticoagulants. These help to allow the blood to move freely around the body without clotting. Without them the blood would be constantly clotting and unable to move easily.

Sometimes however our bodies need help. Anticoagulant medicines work with the body's natural blood proteins to prevent blood clots in situations when there is a high risk of a clot forming.

Enoxaparin for prevention or treatment of blood clots is usually given as an injection into your abdomen. If your doctor decides you need this medication, they will discuss this with you.

The injection used in this hospital is a "low molecular weight heparin" called Enoxaparin. Low molecular weight heparin is a porcine (pig) derivative. Please feel free to speak to a member of nursing staff or a pharmacist to discuss this.

How will I receive Enoxaparin?

It is normally given as a once or twice daily injection by your nurse. It is injected into fatty tissue (usually in the stomach / abdomen) and the drug is then released slowly into the body.

It may be necessary for this treatment to carry on after discharge. If this is the case you will be informed and will be shown how to inject yourself at home. You will be given additional printed information with pictures.

Some patients are able to give this injection to themselves; others have theirs, in some circumstances, given by the district nursing service, family member or friend.

You will be provided with a sharps bin to contain the used injections. The sharps bin containing the used syringes and needles should be returned to the hospital at your next visit or taken to your local health centre for safe disposal.

Are there any side effects?

As with all medicines, some people may experience side effects. The most common is that you may be more susceptible to bruising and bleeding than usual.

Other possible effects may include:

Mild irritation or skin reaction of the skin at the injection site e.g., redness, pain, small hard lumps or bleeding into the skin.

You should contact your doctor straight away, day or night, if:

- You feel chest pains or develop shortness of breath
- You injure yourself, particularly on your head, eyes or joints
- You cut yourself and bleed heavily
- You have nose bleeds or your gums bleed heavily
- You have a menstrual period which is heavier than normal
- You notice redness, puffiness, warmth, skin discolouration or oozing of the skin near to a previous injection
- You notice unexpected bruises such as brown or black spots on the skin
- You vomit blood or something that looks like coffee grounds

- You pass red urine or black stools
- You develop a sudden change in your general health – such as vomiting, diarrhoea, fever etc.

What should I do if I cut myself?

You should apply a clean cloth and press on the wound for at least five to ten minutes. This should be repeated if necessary.

The bleeding should stop if it is a small cut. If it is a deep cut, or bleeding continues even after repeated periods of pressure on the wound, you should contact your doctor straight away.

What happens when I go home from hospital?

Prevention:

- The risk of developing blood clots can continue for four to five weeks after you have gone home
- Make sure that you remember to walk around as much as you are able
- Drink plenty of water and do simple leg exercises. (see leaflet “Are you at risk of a Deep Vein Thrombosis in hospital?” for further information)
- If you have been asked to wear support stockings at home, please wear them for the recommended time (usually 6-8 weeks after your operation)
- If you have been asked to have injections of Enoxaparin complete the course unless you experience any problems
- All these measures are aimed at helping to reduce the chance of developing blood clots.

Enoxaparin for treatment of a blood clot:

Your Doctor will advise you on the duration of your treatment and any monitoring of weight and blood tests while you are having the injections. If you go to the dentist let them know that you are on enoxaparin injections. If you are planning on buying over the counter medication at the pharmacy tell the pharmacist you are on enoxaparin injections.

Contacts

If you have any questions or concerns regarding this information please ask a member of staff for advice.

If you have any questions or concerns after you have gone home from hospital please contact:

Ward _____ on 01902 69 _____

Other useful contacts

New Cross Hospital VTE nurse
Mobile via Switchboard: 01902 307999

NHS 111

NICE
nice.org.uk/guidance/ng89

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。