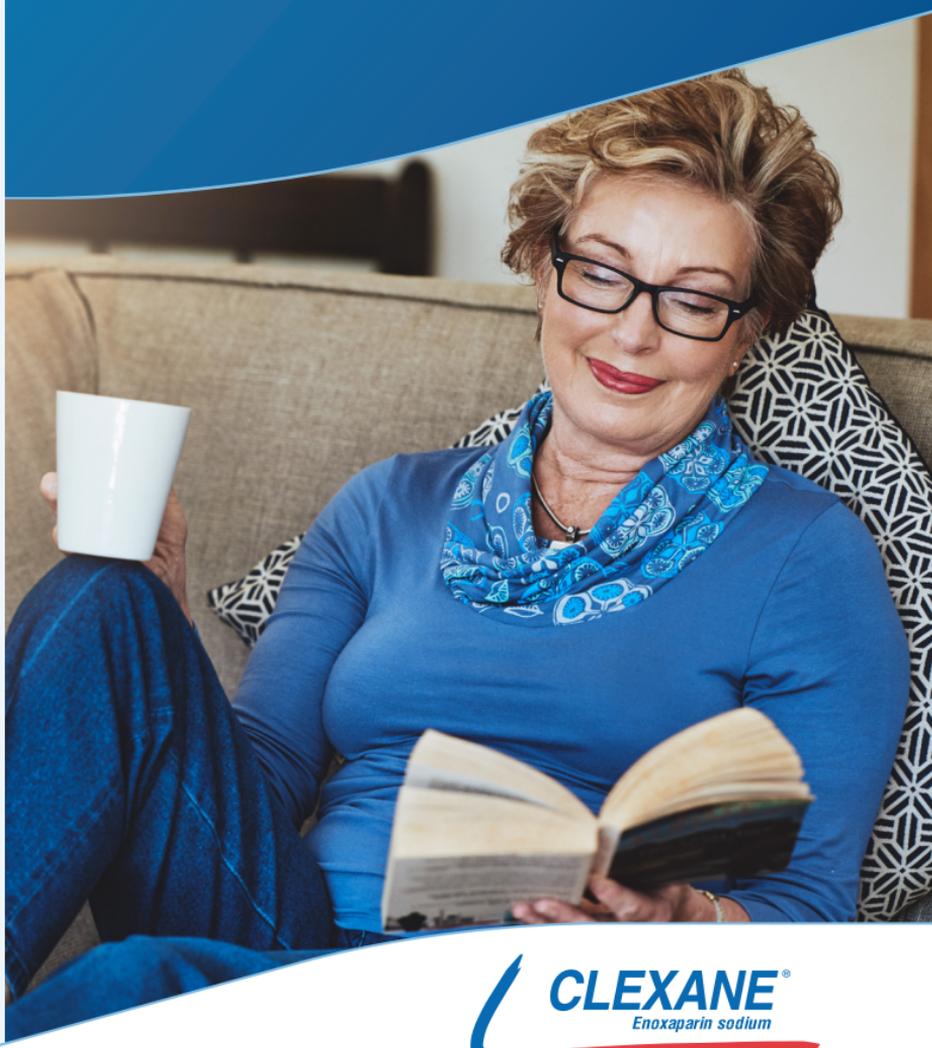


Preventing and treating blood clots



CLEXANE[®]
Enoxaparin sodium

+ SAFETY LOCK

The information provided in this document is for patients prescribed Clexane, and should be used as a guide in understanding your medical condition and treatment. This document is not a substitute for professional medical care and advice. If you have any questions or concerns about the information provided within this document or your treatment, please consult your doctor.

The facts

Blood clotting is the body's natural way of stopping us bleeding. Clotting only becomes a problem when it blocks the blood flow.

Deep Vein Thrombosis (DVT) occurs when a thrombus (blood clot) forms in one of the large veins, usually in the leg, leading to either partial or complete blockage of blood circulation. This may also result in development of leg ulcers.

Pulmonary Embolism (PE) occurs when a fragment of a blood clot breaks loose from the vein and travels to the lungs. This is a serious condition which may be fatal.

What causes a blood clot?

Some people have blood clotting disorders but one of the biggest risks for developing a clot is being immobile.

Risk Factors

- ▶ Cancer
- ▶ Age over 60
- ▶ Overweight
- ▶ Smoking
- ▶ Heart failure
- ▶ Previous stroke
- ▶ Lung disease
- ▶ Inflammatory bowel disease
- ▶ Oral contraceptives
- ▶ Hormone replacement therapy
- ▶ Inherited blood disorders
- ▶ Clotting abnormalities
- ▶ Previous DVT
- ▶ Family history of DVT or PE
- ▶ Major surgery
- ▶ Joint replacement
- ▶ Major trauma
- ▶ Spinal cord injury
- ▶ Fracture of the hip or lower limb
- ▶ Immobility
- ▶ Pregnancy

Prevention in hospital

Some of the measures to help reduce your risk of developing a clot include:

- ▶ Blood thinning medication, like Clexane
- ▶ Wearing compression stockings
- ▶ Intermittent pneumatic compression – Inflatable calf compression
- ▶ Foot exercises (e.g. wiggling toes, rotating ankles)
- ▶ Mobilising as soon as possible

Prevention at home

- ▶ Avoid sitting around for long periods. Get up and move around at least once an hour.
- ▶ When sitting, you can do heel/toe lifts. This causes the calf muscles to contract and moves blood in your leg veins.
- ▶ If at risk, drink plenty of fluids (if you are not water restricted on your doctor's advice) and avoid alcohol as it can contribute to dehydration.
- ▶ If you must drive a long distance, make frequent stops and walk around.
- ▶ If you are at high risk of developing a clot, it may be suggested that you continue to have blood thinning medication or compression stockings on discharge. Ensure that a clinician has explained the purpose and length of these treatments.

Symptoms of DVT

- ▶ Pain and tenderness in the leg
- ▶ Swelling of the lower leg, ankle and foot
- ▶ Red and warm skin

Symptoms of PE

- ▶ Shortness of breath
- ▶ Sharp chest pains
- ▶ Cough (with or without bloody or blood-streaked mucus)
- ▶ Lightheadedness or dizziness
- ▶ Fainting
- ▶ Excessive sweating
- ▶ Rapid or irregular heartbeat

If you develop any of these symptoms, contact your doctor immediately.

What is Clexane?

Clexane is one of a group of medicines called low molecular weight heparins (LMWH). These medicines work by reducing blood clotting activity.

Clexane is used in a number of medical conditions. It is used to:

- ▶ treat blood clots
- ▶ treat certain types of heart disease (e.g. angina and heart attacks), when used with aspirin
- ▶ prevent blood clots forming after an operation, during hospitalisation or extended bed rest or during purification of the blood by an artificial kidney (haemodialysis)

Your doctor may have prescribed Clexane for another reason.

Ask your doctor if you have any questions about why Clexane has been prescribed for you.

Side effects

All medicines can have side effects. Sometimes they are serious, most of the time they are not. Tell your doctor or pharmacist as soon as possible if you do not feel well during treatment with Clexane.

To learn about the potential side effects with Clexane, refer to the Consumer Medicine Information (CMI) leaflet or ask your doctor or pharmacist.



Advice about Clexane

Above all, it is important that you carefully follow your doctor's instructions regarding the correct use and administration of Clexane.

After you have fully read this guide, contact your doctor if you still have any questions about Clexane or how to inject yourself properly.

Since you have been advised to give yourself Clexane at home, you should receive instructions on the proper use of Clexane and the technique for self-injection. This instruction should come from your doctor or other qualified healthcare professionals before giving yourself an injection for the first time.

While you are using Clexane, your doctor may wish to do blood tests from time to time. It is important that you keep these appointments so your doctor can monitor your progress.

Clexane must not be given to anyone other than the person who has been prescribed the medicine.

Remember to administer Clexane at the same time each day.

For instructions on what to do if you miss a dose, contact your doctor immediately.

Always keep Clexane, your used syringes, and all other medications out of the reach of children.

Be sure to follow your doctor's instructions carefully.

Give only the number of Clexane injections your doctor has prescribed for you each day.

Getting ready to self-administer

Clexane should be injected into the layer of fat just under the skin in your abdomen.

Clexane should never be injected into muscle as bleeding into the muscle may occur.

By gently pinching the skin between your fingers throughout the injection, the medicine only enters the fatty tissue of your abdomen and not the muscle.

The area of the injection should be on the right or left side of your abdomen, at least 5 cm (2 inches) away from your belly button and out towards the side of the abdomen.

Injection Sites

When choosing an injection site be sure:

- ▶ That the site is easy to reach.
- ▶ To avoid injecting yourself too close to your belly button or around existing scars or bruises.
- ▶ To alternate your injections between the left and right sides of your abdomen.

It is important to look at old injection sites for:

Redness, pain, warmth, puffiness, discolouration of the skin, or oozing, which could be signs of infection or skin reaction.

If you do notice any of the signs listed above, contact your doctor immediately.



You have been prescribed **Clexane Safety Lock** or **Clexane (without safety lock)**. Check which syringe you have been provided and follow the correct injection procedure for that syringe. If you have any questions regarding your medication or how to inject yourself, please ask your doctor.

Clexane Safety Lock



Clexane (without safety lock)



Before injecting **Clexane Safety Lock** or **Clexane (without safety lock)**

Check the label or carton to ensure the syringe has not expired. Make sure that the syringe is not damaged and that the medicine is a clear solution without particles. Do not use the syringe if it is damaged or the medicine is not clear. Use another syringe.



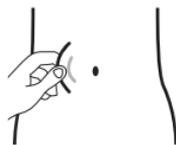
Wash your hands and the injection site with soap and water then dry your hands.



Sit or lie in a comfortable position so you can easily see the area of your abdomen where you will be injecting. A lounge chair, recliner or bed propped up with pillows is ideal.



Select an area on the right or left side of your abdomen at least 5 cm from your belly button, towards your side.



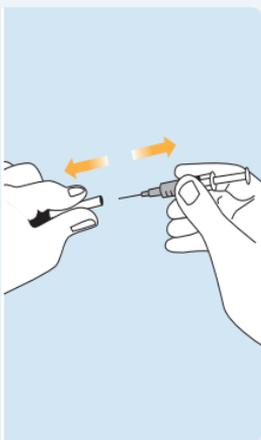
Remember to alternate injection sides (left and right side of abdomen) for each injection.

After preparing for the injection, follow the steps for injecting **Clexane Safety Lock** or **Clexane (without safety lock)**.

Injecting Clexane Safety Lock

1. Prepare syringe

Take the protective cap off the needle. If a drop appears at the tip of the needle, remove the drop by tapping on the syringe with the needle pointing down. Do not squirt out the air bubble. **If you require a dose adjustment, see dose adjustments below.†**



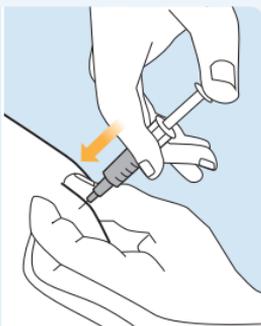
2. Pinch skin fold

Lie down or sit in a comfortable position and gently pinch a skin fold at the injection site between your thumb and index finger.



3. Inject

Insert the whole length of the needle into the skin fold at a 90° angle and press the plunger until all the medicine is injected. **Do not let go of the skin fold while you are injecting.**



†DOSE ADJUSTMENTS: If your doctor has instructed you to adjust your dose of Clexane Safety Lock, you will need to squirt out any excess medicine into an appropriate container before injection. Hold the syringe pointing down and press the plunger so that the bottom of the air bubble is level with the marking on the syringe that corresponds to the dose given to you by your doctor. If the excess medicine is not squirted out before injection, the safety lock will not be activated at the end of injection.

4. Remove syringe

After injection, remove the needle by pulling it straight out, **keeping your finger on the plunger.**



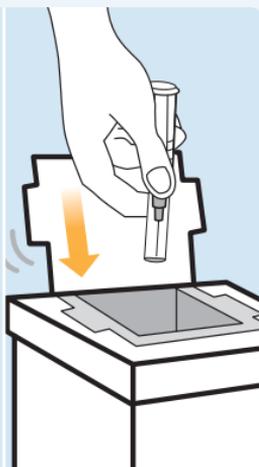
5. Activate safety lock

Face the needle away from you and others, and activate the safety lock by firmly pushing the plunger. The protective sleeve will automatically cover the needle and you will hear an audible “click”.



6. Disposal

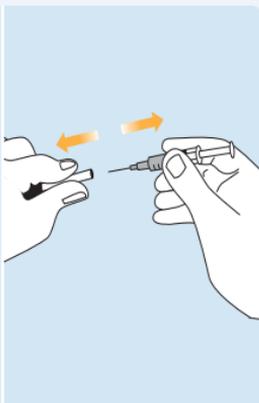
Drop the used syringe into the sharps container. Close the lid tightly and place the container out of reach of children. When the container is full, give it to your doctor or nurse for disposal. Return any unused medicine to your pharmacist. **DO NOT dispose in your household rubbish.**



Injecting **Clexane** (without safety lock)

1. Prepare syringe

Hold the syringe with the needle pointing away from you. Remove the needle cap, taking care not to touch the needle. The air bubble in the syringe should not be expelled. **If you require a dose adjustment, see dose adjustments below.***



2. Pinch skin fold

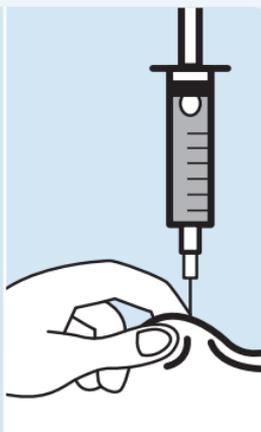
Use the hand you write with to hold the syringe, pointing the needle down. With your other hand, gently pinch the selected area of your abdomen between your thumb and forefinger to create a fold of skin.



***DOSE ADJUSTMENTS:** In some cases, your doctor will instruct you to adjust the dose of Clexane (without safety lock). The volume to be injected should be measured precisely using the markings on the syringe, according to the dosage recommended by your doctor. When adjusting to the correct dose, hold the syringe with the needle tip pointing down. Depress the plunger so the bottom of the air bubble is level with the marking on the syringe, corresponding to the dose given to you by your doctor.

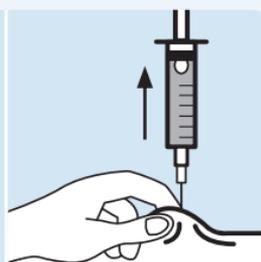
3. Inject

Vertically insert the full length of the needle (at a 90° angle) into the skin fold. Press down on the plunger with your thumb or finger. This will deliver the medication into the fatty tissue of your abdomen. **Do not let go of the skin fold while you are injecting.**



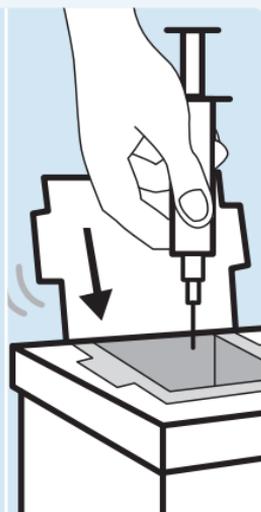
4. Remove syringe

Remove the needle by pulling it straight out. You can now let go of the skin fold. To avoid bruising, do not rub the injection site after removing the needle.



5. Disposal

Drop the used syringe - needle first - into the sharps container. Close the lid tightly and place the container out of reach of children. When the container is full, give it to your doctor or nurse for disposal. Return any unused medicine to your pharmacist. **DO NOT** dispose in your household rubbish.



Tips for injecting **Clexane Safety Lock** or **Clexane** (without safety lock)

DO

- ✓ Administer at the same time each day for exactly the number of days your doctor tells you
- ✓ Alternate injection sites (left and right side of abdomen) for each injection
- ✓ Contact your doctor immediately if you miss a dose, Administer too much, or experience any side effects
- ✓ Always talk to your doctor if you have any questions or concerns about your treatment or the injection instructions
- ✓ Remove the needle from the injection site before activating the safety lock (*Clexane Safety Lock only*)

DON'T

- ✗ Activate the safety lock until the syringe has been removed from your skin (*Clexane Safety Lock only*)
- ✗ Inject into bruised or scarred areas
- ✗ Pinch the skin fold too hard
- ✗ Rub the injection site after injection, as this may cause bruising

Useful medical terms

Anticoagulants – Any substance that prevents the blood clotting and treats an established clot.

Antithrombotic – An agent that prevents or interferes with the formation of a clot.

Clexane – A low molecular weight heparin (LMWH) that reduces the blood's ability to form clots.

Deep Vein Thrombosis (DVT) – A blood clot that usually occurs in the deep veins of the leg.

Embolism – A clot that travels through the blood stream, lodges in a vessel and blocks it.

Embolus – A blood clot that has formed within a vein.

Heparin/LMWH – Type of anticoagulant given by injection to help prevent clots developing, getting bigger or breaking away to form an embolus.

Pulmonary embolism (PE) – Obstruction to a blood vessel in the lung by a clot.

Superficial thrombosis – A clot in a vein near the skin.

Thrombus – A medical term for a blood clot.

Ultrasound – A way of detecting blood clots.

Venography – X-ray technique that reveals veins in the leg and detects blood clots in these vessels.

Venous Thromboembolism (VTE) – A blood clot that starts in the vein. VTE includes deep vein thrombosis and pulmonary embolism.

Useful phone numbers

Your GP:

Your specialist:





VTE Matters

Your information portal for
all venous thromboembolism
(VTE) matters

You are one click away from:

- ▶ Information on thrombosis and VTE
- ▶ Learning about the risk factors of VTE
- ▶ Finding resources for managing VTE
- ▶ Accessing a video on how to inject Clexane

www.vtematters.com.au



**For more information on how to use Clexane,
please visit the following website:**

www.vtematters.com.au/resources

Password: support
(Please note that the password is case sensitive)

Reference: 1. Clexane and Clexane Forte Instructions for Use, Sanofi, 2014.

SANOFI 

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