

Step-by-step instructions for injecting Clexane[®] pre-filled syringes

(enoxaparin sodium)



Your doctor or nurse should give you instructions on using Clexane and the proper technique for self-injection. If you have any questions regarding your medication or how to inject yourself, please ask your doctor.

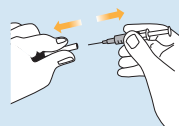
Before injecting

- ▶ Wash and dry your hands
- ▶ 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
- ▶ Prepare the injection site:
 - Choose an area on the right or left side of your abdomen, at least 5 cm from your belly button
 - Clean the area you have selected for your injection if recommended by your doctor. Allow to dry.

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. **Continued overleaf.**

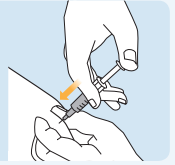


***DOSE ADJUSTMENTS:** If your doctor has instructed you to adjust your dose of Clexane, you will need to squirt out any excess medicine into an appropriate container before injection. Hold the syringe pointing down and press the plunger so that the bottom of the air bubble is level with the marking 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.) Continue with step 2 of the instructions.

3

Inject

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



4

Remove syringe

Remove the needle by pulling it straight out, keeping your finger on the plunger.



5

Activate safety lock

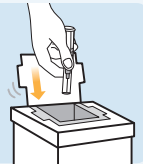
Face the needle away from you and others, and activate the safety lock by firmly pushing the plunger. The protective sleeve will automatically cover the needle and you will hear an audible “click”.



6

Disposal

Immediately dispose of the syringe in the nearest sharps container. When the container is full, give it to your doctor or nurse for disposal.

**Do's and Don'ts**

- ✓ **DO** take Clexane at the same time each day, for exactly the number of days your doctor tells you
- ✓ **DO** alternate injection sites (left and right side of abdomen) for each injection
- ✓ **DO** contact your doctor immediately if you miss a dose, take too much, or experience any side effects
- ✓ **DO** always talk to your doctor if you have any questions or concerns about your treatment or the injection instructions
- ✗ **DON'T** inject into bruised or scarred areas
- ✗ **DON'T** pinch the skin fold too hard
- ✗ **DON'T** rub the injection site after injection, as this may cause bruising

For further information about Clexane, please review the Consumer Medicine Information

sanofi-aventis australia Pty Ltd trading as sanofi, ABN 31 008 558 807 Talavera Corporate Centre, Building D, 12-24 Talavera Road, Macquarie Park, NSW 2113. Tel: +61 (0) 2 8666 2000, Fax: +61 (0) 2 8666 3000. www.sanofi.com.au. ©Clexane is a registered trade mark of sanofi-aventis. SAANZ.ENO.15.11.0371b(1). Date of preparation: December 2016. AM6814.

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CLEXANE[®]
Enoxaparin sodium

SAFETY LOCK