

To inject Clexane[®]

just follow these ten steps

You should receive instructions from your doctor or nurse on using Clexane and the proper technique for self-injection.

If you have any questions regarding your medication or how to inject yourself, be sure to contact your doctor for advice.

1 Wash your hands and the injection site with soap and water. Dry your hands.

2 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.



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



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

5 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 below.*

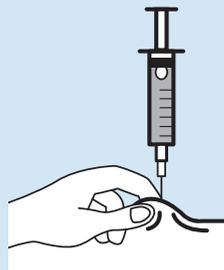
***ADJUSTING THE DOSE:** In some cases, your doctor will instruct you to adjust the dose of Clexane. The volume to be injected should be measured precisely using the markings on the syringe, according to the dosage recommended by your doctor. When adjusting to the correct dose, hold the syringe with 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.

6

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

7

Vertically insert the full length of the needle (at a 90° angle) into the skin fold.



8

Press down on the plunger with your thumb or finger. This will deliver the medication into the fatty tissue of your abdomen. Be sure to hold the skin fold throughout the injection.

9

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 completion of the injection.

10

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 home care nurse for disposal. **DO NOT** put in your household rubbish.



Remember

- ▶ Take Clexane at the same time each day.
- ▶ For instructions on what to do if you miss a dose, call your doctor immediately.
- ▶ Continue giving yourself the injections for exactly the number of days specified by your doctor.
- ▶ If you experience any side effects, call your doctor or nurse immediately.
- ▶ For more information please speak to your doctor

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CLEXANE[®]
Enoxaparin sodium