

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.

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

### DO

- ✓ Take 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, take 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



For further information about **Clexane Safety Lock** or **Clexane (without safety lock)**, please review the Consumer Medicine Information and visit:

[vtematters.com.au/resources](https://vtematters.com.au/resources)  
Password: support

For Sanofi Medical Information,  
call 1800 818 806

Please contact your healthcare professional if you have questions about **Clexane** or your condition.

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

sanofi-aventis australia pty ltd trading as sanofi, ABN 31 008 558 80  
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SAANZ.ENO.19.08.0395. Date of preparation: August 2019. SM\_SAN1184.



## Step-by-step instructions for injecting<sup>1</sup> Clexane<sup>®</sup> Safety Lock or Clexane<sup>®</sup> (without safety lock)

### Clexane Safety Lock



### Clexane (without safety lock)



Check which syringe you have been provided and follow the correct injection procedure for that syringe.



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

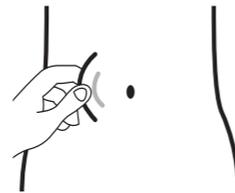
Wash your hands and the injection site with soap and water then dry your hands.



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.



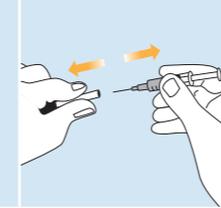
Remember to alternate injection sides (left and right side of abdomen) for each injection.

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 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.



### 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.



†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.

## Injecting Clexane (without safety lock)

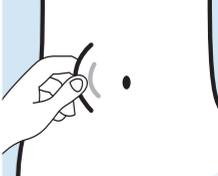
### 1. Prepare syringe

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.



### 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.



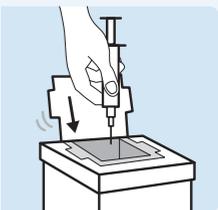
### 4. Remove syringe

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.



\*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.