

Preventing and treating blood clots



Not a real patient.

References to "CLEXANE" refer to both CLEXANE and CLEXANE FORTE.



About this booklet

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

**These instructions are for CLEXANE.
Do not use these instructions if you have been prescribed a different brand.**

Look for these names on the packaging and syringe to confirm you have received the CLEXANE brand. If you are uncertain, ask your doctor or pharmacist.



The facts

Blood clotting is the body's natural way of stopping us bleeding. Clotting only becomes a problem when it blocks blood flow.¹

Deep Vein Thrombosis (DVT) occurs when a thrombus (blood clot) forms in a deep vein, usually in the leg, leading to either partial or complete blockage of blood circulation. This may also result in development of leg ulcers.^{1,2}

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 life threatening.^{1,3}

What causes a blood clot?

Almost anyone can get a blood clot, however, some factors increase the risk.⁴⁻⁶

Risk Factors⁴⁻⁶

- ▶ Heart failure
- ▶ Advanced age
- ▶ Overweight and obesity
- ▶ Smoking
- ▶ Cancer
- ▶ 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^{7,8}

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

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

Prevention at home

- ▶ Avoid sitting around for long periods. Get up and move around at least once an hour.⁹⁻¹¹
- ▶ When sitting, you can do toe lifts. This encourages blood circulation in the calves.^{9,12}
- ▶ Drink plenty of fluids (if you are not water restricted on your doctor's advice) and avoid alcohol.^{11,13}
- ▶ If you must travel a long distance, make sure you change your position often and sit with your legs uncrossed.^{2,10}
- ▶ 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.⁷ Ensure that a doctor has explained the purpose and length of these treatments.

Symptoms of DVT^{1,2}

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

Symptoms of PE^{3,14}

- ▶ Shortness of breath
- ▶ Chest pains
- ▶ Cough (with or without bloody or blood-streaked mucus)
- ▶ Lightheadedness or dizziness
- ▶ Fainting
- ▶ Sweating
- ▶ Rapid or irregular heartbeat

If you develop any of these symptoms, go to Accident and Emergency or call 000.

What is CLEXANE?

CLEXANE is one of a group of medicines called low molecular weight heparin (LMWH). These medicines help to prevent clots from getting bigger and stopping new clots from forming.¹⁵

CLEXANE is used in a number of medical conditions.

It is used to:¹⁵

- ▶ treat blood clots
- ▶ treat certain types of heart disease (e.g. angina and heart attacks), when used with aspirin
- ▶ prevent blood clots forming following hospital procedures or illness 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.

Have you been prescribed the CLEXANE brand?

The main ingredient in CLEXANE is enoxaparin sodium. This is referred to as the active ingredient of the medication.¹⁵

Some medications may have more than one brand name for the same active ingredient.

It is important that you always check that the brand prescribed by your doctor (or the one you have been taught how to use) matches the brand that you have received from the pharmacy.

This is especially important for medications that are injectable devices, because not all injectable devices work the same way.

These instructions are for the CLEXANE brand only.

I can't see the CLEXANE brand on my medication, what do I do?

Page 2 of this booklet shows you where the CLEXANE brand can be found.

If you cannot see the word CLEXANE please inform your pharmacist and check your prescription. If you have received these instructions the brand on your prescription should be CLEXANE.

My prescription says ‘enoxaparin’ – what brand will I get?

This means no specific brand has been recommended and you can decide which brand of enoxaparin you want to receive. If you are unsure please discuss this with your physician or pharmacist.

It is important to make sure you receive the correct injection instructions and education that matches the brand you have been dispensed.

If you receive a brand different to CLEXANE, ask your pharmacist for instructions that are specific to that brand.

IMPORTANT

If you have been educated on how to inject enoxaparin while in the hospital, when being discharged from hospital please ask which brand you have received education on. This way you can receive the same brand from your community 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.¹⁶

While you are using CLEXANE, your doctor may wish to do blood tests from time to time.^{15,17} 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.¹⁵

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.¹⁵

Used syringes should be immediately disposed of in the nearest sharps container.¹⁶

Side effects

All medicines can have side effects. If you do experience any side effects, most of them are minor and temporary. However, some side effects may need medical attention.¹⁵ 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.

Be sure to follow your doctor's instructions carefully.

Give only the number of CLEXANE injections your doctor has prescribed for you each day.¹⁵

Getting ready to self-administer

Check you have received the CLEXANE brand - these instructions are for the CLEXANE brand only.

Clexane should be injected into the layer of fat just under the skin in your abdomen.¹⁷

CLEXANE should never be injected into muscle.¹⁵

Gently pinching the skin between your thumb and finger throughout the injection pulls the fatty tissue away from the muscle.¹⁸

The area of injection should be at least 5 cm (2 inches) away from your belly button towards the left or right side of your lower abdomen.¹⁶

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.¹⁷

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**, which comes in the pre-filled Safety Lock syringe. Please check which Safety Lock syringe you have been provided and follow the correct injection procedure for that syringe (detailed instructions for use can be found in the box with the syringe).

CLEXANE 20mg



CLEXANE 40mg



CLEXANE 60mg



CLEXANE 80mg



CLEXANE 100mg



CLEXANE FORTE 120mg



CLEXANE FORTE 150mg



Do you need additional support to learn how to inject CLEXANE? Please see your Doctor, nurse or pharmacist for help.

Alternatively, there are 'How to inject' videos available at: www.vtematters.com.au
Password: support

Before injecting CLEXANE¹⁶

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.¹⁶



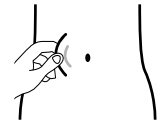
Sit or lie in a comfortable position so you can easily see the area of your abdomen where you will be injecting. A lounge chair, recliner or bed propped up with pillows is ideal.¹⁶



Before injecting, wash your hands with soap and water then dry your hands. Cleanse (do not rub) the injection site with an alcohol swab.¹⁶



Select an area on the right or left side of your abdomen at least 5 cm from your belly button, towards your side.¹⁶



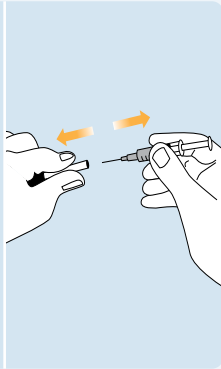
Remember to alternate injection sides (left and right side of abdomen) for each injection.¹⁷

After preparing for the injection, follow the steps for injecting CLEXANE.

Injecting CLEXANE

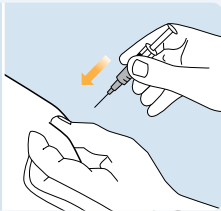
1. Prepare syringe

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.¹⁶ If you require a dose adjustment, see dose adjustments below.[†]



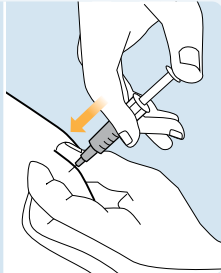
2. Pinch skin fold

Lie down or sit in a comfortable position and gently pinch a skin fold between your thumb and index finger.¹⁶



3. Inject

Hold the needle at a 90° angle to the skin fold and inject into the skin fold. Press the plunger until all the medicine is injected. Do not let go of the skin fold while you are injecting.¹⁶



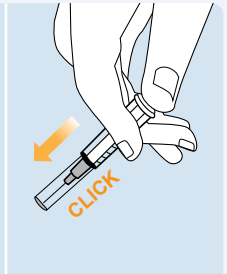
4. Remove syringe

After injection, remove the needle by pulling it straight out, keeping your finger on the plunger.¹⁶



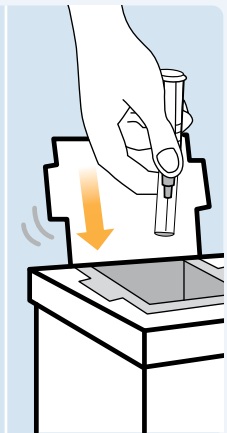
5. Activate safety lock

Point the needle away from you and others, and activate the safety lock by firmly pushing the plunger. The protective sleeve will then deploy to cover the needle and you will hear an audible “click”.¹⁶



6. Disposal

Immediately dispose of the used syringe into the nearest sharps container.¹⁶ 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, you will need to squirt out any excess medicine into an appropriate container before injection. Hold the Safety Lock 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 syringe will not be activated at the end of injection.¹⁶

Tips for injecting CLEXANE

DO

- ✓ Administer at the same time each day for exactly the number of days your doctor tells you¹⁵
- ✓ Alternate injection sites (left and right side of abdomen) for each injection¹⁷
- ✓ Contact your doctor immediately if you miss a dose, administer too much, or experience any side effects¹⁵
- ✓ Always talk to your doctor if you have any questions or concerns about your treatment or the injection instructions¹⁵
- ✓ Remove the needle from the injection site before activating the Safety Lock syringe¹⁶

DON'T

- ✗ Activate the Safety Lock syringe until it has been removed from your skin¹⁶
- ✗ Inject into bruised or scarred areas
- ✗ Pinch the skin fold too hard¹⁵
- ✗ Rub the injection site after injection as this may cause bruising¹⁵

Useful medical terms

Anticoagulants – Any substance that prevents the blood from 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, usually in the leg.

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

Embolus – A blood clot that has broken off and lodged within a blood vessel.

Heparin/LMWH – Type of anticoagulant given 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

If you have been prescribed CLEXANE, please check that you have received the correct medication. If your medication is not the CLEXANE brand, please ask your doctor or pharmacist for the correct instructions for the brand you have been prescribed.

For more information on how to use CLEXANE, please scan the QR code, consult the Consumer Medicine Information or speak with your doctor.



Password:
support

Please note that the password is case sensitive

References: **1.** Health Direct. Blood clots. Available at tinyurl.com/mw9yyjeh. Accessed February 2025. **2.** Better Health Channel. Deep vein thrombosis. Available at tinyurl.com/yne8nmtm. Accessed February 2025. **3.** National Library of Medicine. MedlinePlus. Pulmonary embolism. Available at tinyurl.com/y8urjzfk. Accessed February 2025. **4.** American Heart Association. Risk factors for excessive blood clotting. Available at tinyurl.com/ynx98k44. Accessed February 2025. **5.** Pastori D et al. Int J Mol Sci. 2023;24(4):3169. **6.** CDC. Venous thromboembolism (blood clots). Available at tinyurl.com/mrxaw6e5. Accessed February 2025. **7.** Badireddy M, Mudipalli VR. Deep Venous Thrombosis Prophylaxis. [Updated 2023 May 7]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2025 Jan-. Available from www.ncbi.nlm.nih.gov/books/NBK534865/ **8.** Safer Care Victoria. Victorian guideline for the prevention of venous thromboembolism in adult hospitalised patients. Guideline 2023. Available at tinyurl.com/ys3aaucm. Accessed February 2025. **9.** National Heart, Lung and Blood Institute. Venous thromboembolism. Preventing blood clots. Available at tinyurl.com/y6mekrep. Accessed February 2025. **10.** Agency for Healthcare Research and Quality. Your guide to preventing and treating blood clots. Available at tinyurl.com/mrxze8jy. Accessed February 2025. **11.** Townsville Hospital and Health Service. Preventing blood clots after a leg injury. Available at tinyurl.com/yc6berdh. Accessed February 2025. **12.** Medical News Today. Exercises to prevent blood clots: A list. Available at tinyurl.com/2353vh95. Accessed February 2025. **13.** Chapman NH et al. Aust Fam Physician. 2009;38(1-2):36-40. **14.** Johns Hopkins Medicine. Pulmonary Embolism. Available at tinyurl.com/28jafzfe. Accessed February 2025. **15.** Clexane and Clexane Forte Consumer Medicine Information Leaflet, October 2024. **16.** Clexane and Clexane Forte Instructions for Use, Sanofi, 2014. **17.** Clexane and Clexane Forte Australian Product Information. **18.** Healthline. What is a subcutaneous injection? Available at tinyurl.com/mrj4su7s. Accessed February 2025.

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.
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