

# Enoxaparin

---

## Information for teens and young adults

---

### What is enoxaparin?

Enoxaparin (Lovenox®) is an anti-coagulant medication.

anti = against

coagulant = causes blood to clot

Enoxaparin slows down the formation of blood clots. This can prevent blood clots from forming or prevent blood clots from getting bigger.

### How do I take enoxaparin?

Enoxaparin is given by a needle into the skin. This is called a subcutaneous injection. The nurses (your Thrombosis Nurse, a ward nurse or Home Care Nurse) will help you learn to do this. You need an injection of enoxaparin every 12 hours. Take enoxaparin at the same times every day.

**Enoxaparin (100 mg/ml) 1 mg = 1 unit (diabetic syringe)**  
**Your dose is Enoxaparin \_\_\_\_\_ mg = \_\_\_\_\_ units**

The length of treatment depends on your condition. The average length of treatment with enoxaparin is 3 to 6 months.

---

## What side effects are possible?

You may have pain or bruising at the injection site. Some side effects can be serious, such as bleeding or infection. Call the Thrombosis Team if you notice any of the problems listed on page 3.

## What do I do if I miss a dose?

If you miss a dose of enoxaparin, call the Thrombosis Team for instructions.

## How do I store the medication?

Store enoxaparin at room temperature (not above 25° C or below 0° C). Keep it in a safe place, away from children. An open vial can be used for 28 days. After 28 days, dispose of the vial in your sharps box.

## What care do I need while on enoxaparin?

You need to have regular blood tests called Anti-Xa levels. This test is done 4 hours after an injection of enoxaparin. The results determine how much enoxaparin you child need. The Thrombosis Nurse will tell you the dates of the tests, and phone you to tell you the results and any changes to your treatment.

You may need to have follow-up scans, such as an ultrasound, to check the blood clot and the effects of treatment.

Take extra care so that you do not cut or injure yourself:

- always wear shoes or slippers to protect your feet
- brush your teeth with a soft toothbrush
- use an electric razor instead of a straight razor
- be careful when you use sharp items such as knives or power tools
- do not wear tight clothing that could decrease the blood flow to your legs
- do not play any rough games or contact sports, wear protective equipment such as shin pads for soccer or a helmet when bike riding or skateboarding

**If you need any medical treatment or dental care, tell the doctor or dentist that you are taking enoxaparin.** Do not have any other injections while taking enoxaparin, unless directed by the Thrombosis Team.

---

## When should I call the Thrombosis Team?

Talk with the Thrombosis Team:

- **before you take any other medication (including medication you can buy without a prescription), supplements or herbal remedies**
- if you miss a dose of enoxaparin
- if you need medical treatment or surgery
- if you are pregnant or planning to become pregnant
- if you have plans to travel
- if you have any questions about your child's care

### **Call the Thrombosis Team right away if you have ANY of these problems:**

- a cut that does not stop bleeding after a few minutes
- nosebleeds or bleeding gums
- unusually heavy periods (vaginal bleeding)
- large bruises that you cannot explain
- you fall and hit your head
- a headache that does not go away or you become confused
- red or black bowel movements
- red or dark brown urine
- vomiting or coughing up blood
- chest pain or trouble breathing
- a skin rash

