

How do I give a Low Molecular Weight Heparin (LMWH) injection?

The nurse may help you with the first few injections. Here are the steps to follow:

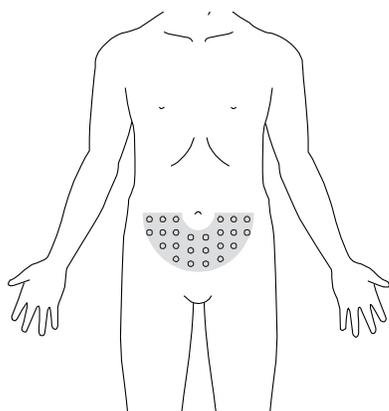
1. Gather all your supplies ready to give yourself the injection. Get your alcohol swab and syringe ready. There may be an air bubble in your syringe – this is okay, do not try and push the air bubble out.

2. Wash your hands.

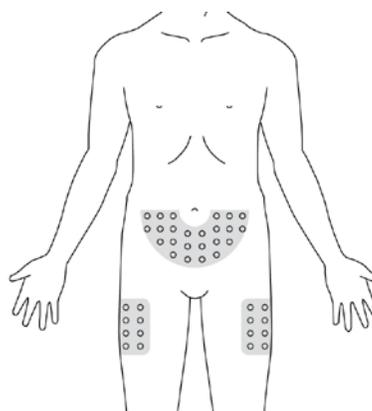


3. Sit or lie back in a comfortable chair so you can easily see the area of your abdomen where you will be injecting.

4. Your nurse will show you the area(s) on your body to give yourself the injection.



or

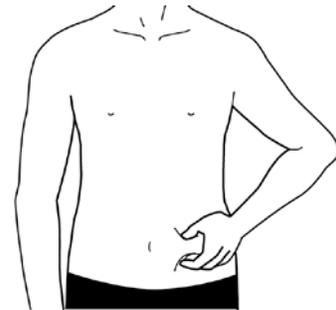


5. Clean the selected area with an alcohol swab. Do not rub. Allow the area to dry.

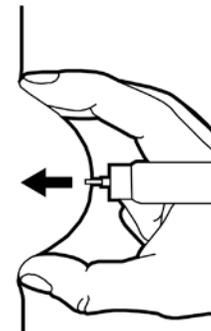


6. Remove the protective cap from the prefilled syringe by pulling with a slight rotation. To keep the needle sterile, do not set the needle down or touch the needle to anything. You do not need to press the plunger to release any air bubbles before you inject.

7. Pinch the selected area of skin between your thumb and forefinger to create a fold.



8. While still pinching the skin, insert the needle straight into the skin (90 degree angle). You are aiming for the layer of fat below the skin, but above the muscle.



Push the plunger down and inject slowly.

9. Pull the needle straight out of the skin fold. Release the fold. To help prevent bruising, put pressure on the injection site, but do not rub.

10. Do not recap the needles as this may cause injury. Throw out the needle and syringe in a sharps container. If you do not have a sharps container, you can use a Tupperware or margarine container with a lid.



When the container is full, take it to your pharmacy to be disposed of or replaced.

Speak to your community pharmacist to obtain a sharps container for disposal.

Do not put used needles or syringes in your household trash.

Tips to care for your syringes:

- Store at room temperature. Never store your syringes in the refrigerator or in the freezer.
- Store away from heat and strong light.
- Keep out of reach of children and pets.

