

## Patient information

# How to inject Dalteparin at home

Your doctor has prescribed you (or a family member) injections of Dalteparin to have at home. This leaflet provides a simple guide on Dalteparin and how to use it.

## About Dalteparin

Dalteparin is a medication which thins the blood in order to treat blood clots or to prevent them if you are at risk e.g after some types of trauma, after surgery, prolonged bed-rest, in some cases during pregnancy or patients with certain types of cancer.

Using prophylactic Dalteparin will increase your risk of bleeding you should take care when shaving or using sharp objects.

It is very important that you do not miss any Dalteparin doses unless otherwise advised by your doctor.

You will be provided with a full course of injections on discharge. Dalteparin comes as a pre-filled syringe intended for injection under the skin. You should read the manufacturers leaflet (included in the packaging) before you use Dalteparin. The Dalteparin should be stored below 25°C.

A nurse will show you the correct technique to administer the injection before you are discharged from hospital or in fracture clinic. If you do not feel confident to inject the Dalteparin, a referral can be made to the community nurses. Please talk to your doctor or nurse before you leave the hospital.

A sharps bin will be provided on your discharge from hospital,

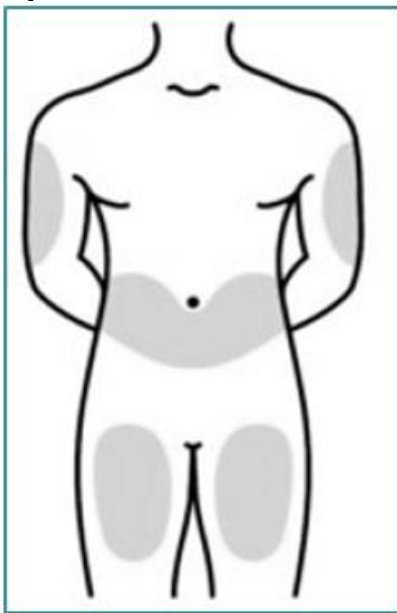
## Injection site information

The injection should be given into the fatty area of the body. The recommended injection sites are in the abdomen, thighs and upper arms (see picture on next page).

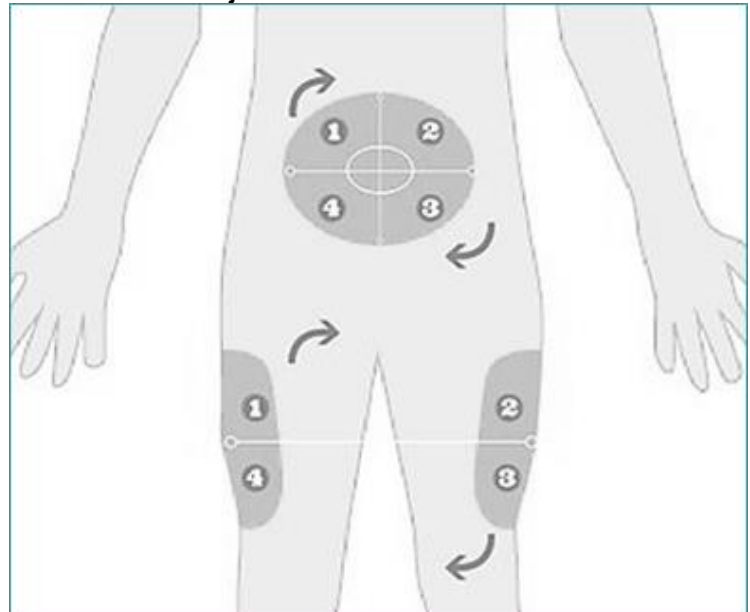
- **Upper arm:** Find the area halfway between the elbow and shoulder. You should be able to grasp 1 to 2 inches of a fatty fold of skin.
- **Abdomen:** Find the area below the waist to just above the hip bone and from the side to about 2 inches from the belly button. Avoid the belly button.
- **Thigh:** Find the area halfway between the knee and hip and slightly to the side. You should be able to grasp 1 to 2 inches of a fatty fold of skin.

You should change injection site each day, this reduces the risk of complications such as skin scars or lumps. The scheme below shows how to do this with a rotating method. The same scheme for the upper thighs can be also used for the upper arms.

Injection sites



Rotation of injections

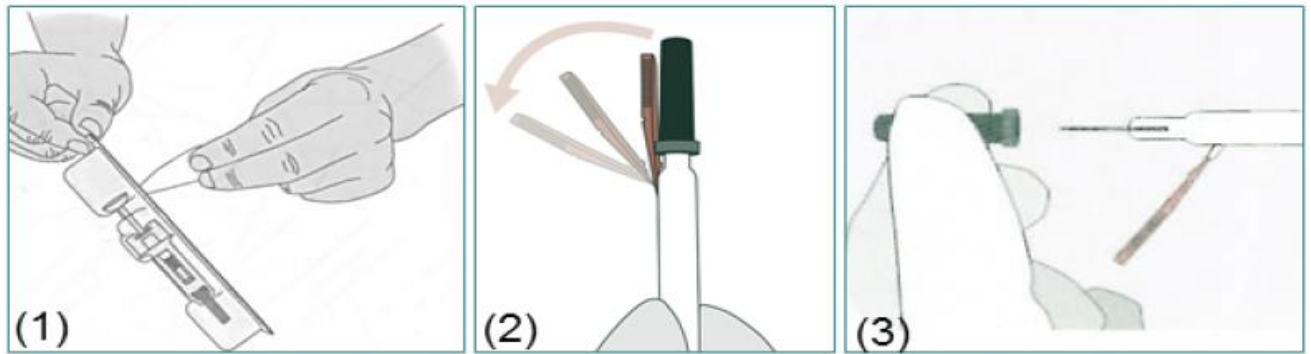


Complete injections at the same time every day for the length of the treatment.

**If you forget whether you have had your daily injection, seek advice from your doctor.**

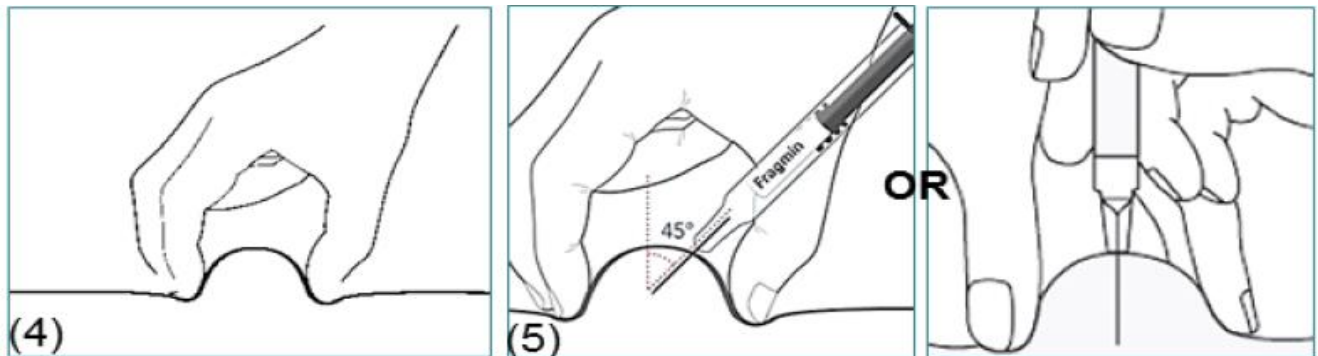
## What to do

- **Preparation:**
  - Wash your hands thoroughly
  - Clean the injection site with soap and water
  - Remove the top of the Dalteparin pack (1)
  - Move the orange needle-trap down (2)
  - Carefully remove the grey needle cap by pulling it (3)

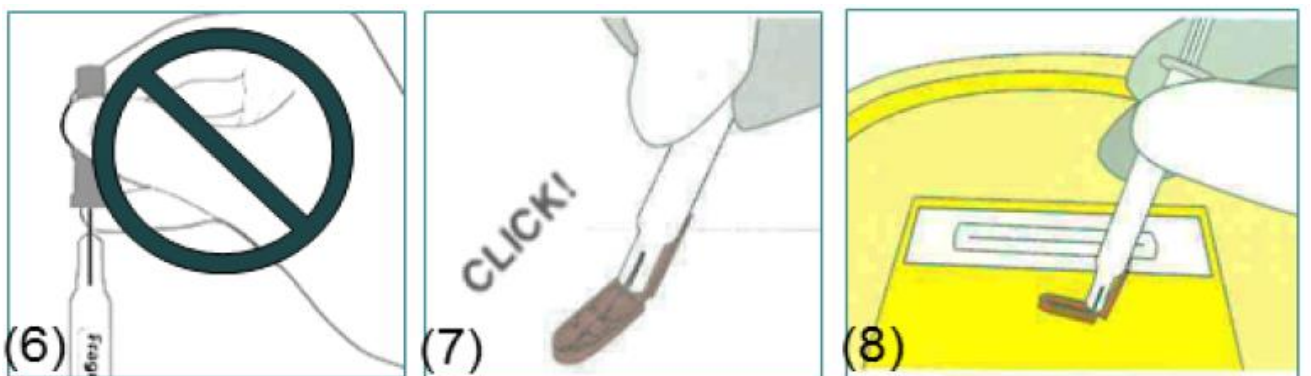


- **Administer the injection**

- Pinch a fatty fold of skin between your fingers, this will be the injection site (4)
- With the other hand hold the syringe and firmly insert the needle, in full, at a 45 or 90 degree angle into the skin fold (5)
- Push the plunger to inject the medicine then pull the needle out. Initially this may feel a little uncomfortable and painful, but future injections should feel less so.



- Do **not** attempt to re-apply the cap to the needle (6)
- On a hard surface, push the needle against the orange needle-trap until it locks (7)
- Dispose of the syringe in the sharp bin provided (8). You should **not** put used needles or other sharps in your household waste bin or any other general waste bin.



## Additional information

- If you have heavy bleeding from a surgical wound or from your nose, mouth or rectum you must inform your doctor immediately.
- It is common to develop bruises around the Dalteparin injection site. Bruises will fade away in 1 - 2 weeks time.
- The small air bubble inside the Dalteparin syringe is meant to be there, do **not** remove it as this may lead to loss of medicine.
- The injection site can be painful for a few minutes after a Dalteparin injection. Do not rub the area.
- Dalteparin injection video: There is an explanatory video on 'How to administer Dalteparin' available by scanning the QR code below with your smartphone. You can download a free QR code reader from your app store.



- Alternatively, you can visit: <https://youtu.be/PiHv7cpEczg> and watch the 'How to inject Dalteparin' video made by Pfizer for Felleskatalogen Oslo and refers to Dalteparin with the commercial name of Fragmin. *The video is not intended to sponsor Pfizer and it is only for patient education use.*

- **Disposing of full sharps bins:** Your local council is responsible for collecting your full sharps bin. You can find out more from your local council's website by searching 'clinical waste' or 'healthcare waste'.  
**If you are given a sharps bin in fracture clinic, please take it back when you come in for your appointment.**

If you have any further questions relating to your treatment please speak to your doctor or community nurse who will be able to help you.

*If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (formerly DisabledGo)*

<https://www.accessable.co.uk>



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