

PATIENT INFORMATION LEAFLET

HEPARINS

Unfractionated Heparin

**Dalteparin
Enoxaparin
Nadroparin
Tinzaparin**

ABOUT your medicine

Heparins are blood-thinning medicines. They are used in the prevention or treatment of conditions where harmful blood clots can form in the legs or lungs, such as deep vein thrombosis or pulmonary embolism. They work by preventing the formation of new blood clots.

HOW should I use the medicine?

Your doctor will determine the amount of medicine you should take based on the severity of your condition. Take this medicine in the dose prescribed by your doctor.

Heparins are given by subcutaneous injection just under the skin, but not into the muscle. It can be given once or twice a day depending on the condition.

The sites of injection can include the U-shape area around the navel, the upper thigh or the buttocks. Rotate the sites daily to prevent any bruising or thickening of the skin.

The injection may be provided in a ready-to-use syringe, or you may be instructed on how to draw up the solution from a vial into a syringe prior to injection. For the ready-to-use syringes, there is no need to expel air prior to injecting.

To inject:

- Wash hands and area for injection clean.
- Pinch a fold in the skin using finger and thumb.
- Inject into the fold either perpendicularly or at a slight angle.
- Press plunger of syringe and hold for 3-5 seconds, then remove.
- Discard the used syringe and needle in a sharps container to avoid accidental injury.

What should I do if **I FORGET** a dose?

If you miss a dose or forget to inject your medicine, inject it as soon as you can. However, if it is almost time for your next injection, wait until then to inject the medicine and skip the missed dose. Do not double your dose or use extra medicine to make up for a missed dose. If you have missed several injections, please call your physician to check what you should do.

What are the possible **SIDE-EFFECTS** of the medicine?

More common:

- pain or bruising at injection site
- stomach upset (nausea)

Less common but severe side-effects (a doctor should be consulted immediately):

- black tarry stools
- blood in the urine
- prolonged dizziness and excessive weakness or tiredness
- any other sites of bleeding including unusually heavy menstruation

Rare but potentially serious (a doctor should be consulted):

- breathlessness
- rashes
- swelling of hands or feet
- pain or numbness in hands or feet

Keep all medication out of reach of children

What **PRECAUTIONS** should I take?

Inform your doctor if you have an allergy to heparin or any of the above listed medications. The symptoms of a drug allergy include one or more of the following: swollen face/eyes/lips, difficulty in breathing or widespread itchy skin rashes.

Inform your doctor and pharmacist if you are already taking some other medicines, herbal preparations, nutritional products or vitamin supplements.

Inform your doctor if you are breast-feeding, pregnant or likely to become pregnant during the course of the treatment.

Low molecular weight heparins may increase the risk of bleeding. Please inform your doctor if you have any bleeding disorders or are at risk of severe bleeding, including the following :

- gastric ulcers
- low platelets (thrombocytopenia)
- haemophilia
- kidney or liver disease
- recent surgery

It is also important to inform your doctor if you are taking any other medications, including the following, as there may be a potential for an interaction:

- Anagrelide
- Aspirin
- Clopidogrel
- Dipyridamole
- Ticlopidine
- Valproic Acid

Discard all medication that has expired or is no longer required

Non-steroidal anti-inflammatory drugs including (but not limited to) :

- naproxen, ibuprofen, indomethacin, diclofenac, ketoprofen, mefenamic acid and celecoxib.

NOTE: Heparins will prevent blood from clotting so it may take longer for bleeding to stop if you are cut or injured. Bruising also occurs more readily. Please take precautions to avoid activities that have a high risk of causing injuries.

Your doctor may be using blood tests to monitor the treatment. Keep all appointments for check-ups and tests.

How should **I STORE** the medicine?

Store the medicine in a dry place at room temperature, away from heat and direct light. Do not refrigerate your medicines unless instructed to do so.

National University Hospital

5 Lower Kent Ridge Road, Singapore 119074

Tel: (65) 6779 5555 Fax: (65) 6779 5678

Website: www.nuh.com.sg

Company Registration Number. 198500843R

The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical conditions.

Information is correct at time of printing and subject to revision without prior notice.

Keep all medication out of reach of children

Discard all medication that has expired or is no longer required