

## Injecting Fraxiparine®

If you are immobilized for longer periods of time, you will need to use an anticoagulant (Fraxiparine) to help prevent thrombosis.

### Behandeling

#### Instructions at home

Inject yourself with Fraxiparine® once a day. Approximately at the same time each day. Did you forget to use Fraxiparine®? You can still inject yourself within 4 hours of the time that you were supposed to use Fraxiparine®. If it has been longer than 4 hours, contact your general practitioner.

You should inject Fraxiparine® directly under the skin, preferably at the front or sides of your belly. Don't inject within 5 cm of your belly button. It is also possible to inject in the upper leg. You can inject in or near a hematoma (bruise), but not near a wound or scar, a limb that has had surgery, or in your afflicted limb.

#### How to inject yourself with Fraxiparine®

##### We advise you to follow these steps:

- Carefully remove the rubber component from the needle. Do not remove the air bubble in the injector.
- Place your fingers near the spot where you want to inject, but do not fold the skin. Stick the entire needle in the site where you want to inject in a 90 degree angle.
- Inject the fluid by pushing down the plunger. When you have injected all the fluid and the syringe is empty, wait 5 seconds before carefully removing the needle. Do not rub the injection site. Apply pressure to the site if it is bleeding for a couple of minutes.
- Pull the protector over the needle until you hear a click.
- Store used needles in a sealed container and bring them to a pharmacy for disposal.

Contact Spoedeisende Geneeskunde

T 088 320 33 00