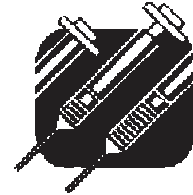




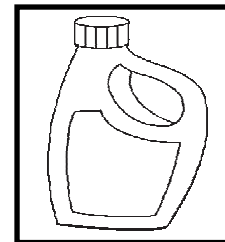
## LOVENOX INSTRUCTIONS

### *Patient Education*

#### Instructions for injecting Lovenox



1. Wash your hands well with soap and water. Dry your hands.
2. Sit or lie in a comfortable position so you can see the area of your stomach where you will be injecting. A lounge chair, recliner, or bed (propped up with pillows) is ideal.
3. Select an area on the right or left side of your stomach, at least 3 inches away from your navel and out toward your sides.
4. Clean the area you have selected for your injection with one of the alcohol swabs provided. Allow the area to dry.
5. While the area is drying, carefully pull off the needle cap from the Lovenox syringe and discard . The syringe is prefilled and is ready to use. **DO NOT PRESS ON THE PLUNGER PRIOR TO INJECTION TO EXPEL THE AIR BUBBLE OR MEDICINE MAY BE LOST.** To keep the needle sterile once you have removed the cap, do not set the needle down or touch the needle.
6. Hold the syringe in the hand you write with (like a pencil) and with your other hand gently pinch  the cleansed area of your stomach between your thumb and forefinger to make a fold in the . **BE SURE TO HOLD THE SKIN FOLD THROUGHOUT THE INJECTION.**
7. Insert the needle straight into the skin fold at a 90-degree angle.
8. Press down on the plunger with your finger. This will deliver the medication into the fatty tissue  of your stomach. Be sure to hold the skin fold throughout the injection.
9. Remove the needle by pulling it straight out. You can now let go of the skin fold. **TO AVOID BRUISING, DO NOT RUB THE INJECTION SITE AFTER COMPLETION OF THE INJECTION.**
10. Used needles should be placed in one of the following containers with a secure lid: (After securing the lid, the bottle can be placed in the trashcan).
  - Red Sharps Collector provided with the video and booklet
  - Bleach bottle
  - Laundry detergent or fabric softener bottle
  - Motor oil bottle



## Memorial Health Care System

2525 deSales Avenue Chattanooga, TN 37404  
2051 Hamill Road Hixson, TN 37343

# LOVENOX INSTRUCTIONS

## *Patient Education*

### Important things to remember about Lovenox

- Lovenox is a blood thinner that is injected under your skin to help prevent your body from forming blood clots. When you have your prescription filled, you will receive prefilled Lovenox syringes that are ready to use.
- Lovenox injection prefilled syringes should be stored in a safe place. The temperature should stay between 32° and 77°. Do not freeze Lovenox.
- Lovenox must not be given to anyone other than the person for whom it was prescribed.
- Always keep Lovenox, your used syringes, and all other medications out of the reach of children.
- While you are using Lovenox, it is important not to take any other medications, including over-the-counter medications, such as aspirin, which are not prescribed by your physician.
- Take Lovenox at the same time each day.
- Lovenox can have side effects that are related to an increased risk of bleeding. **CALL YOUR DOCTOR** if you have:
  - Blood in your urine or stool, nosebleeds, spitting up blood
  - Bruising not caused by an injury or bump
  - Chest pain
  - Shortness of breath
  - Rapid or unusual heartbeat
  - Nausea, vomiting
  - Anything else that is unusual



**CALL YOUR DOCTOR IF YOU HAVE QUESTIONS.**