

Patient information factsheet

Inhixa (enoxaparin sodium)

Your doctor has recommended that you take a medicine called 'Inhixa' to reduce your risk of blood clots. We hope this factsheet will help to answer some of the questions you may have about this medicine.

What is Inhixa?

Inhixa (enoxaparin sodium) is an anti-coagulant used to reduce the risk of blood clots and thin your blood. It can also be used to treat blood clots.

Inhixa is given by injection. You will be able to do your Inhixa injections yourself. We will show you how to do this before you go home. We have also given the instructions in this factsheet.

Why do I need to take Inhixa?

Your doctor has recommended that you take Inhixa because you may be at a higher risk of blood clots.

Factors that can increase the risk of blood clots include:

- your age
- if you have recently had surgery (commonly knee and hip replacements or abdominal surgeries)
- if you have had a deep vein thrombosis (DVT) in the past
- varicose veins

How to inject Inhixa

1. Wash your hands with soap and water.
2. Pull off the needle cap. Try not to bend the needle. Don't let the needle touch anything (to keep it clean).
3. Hold the needle in your dominant hand and pinch your skin (about 2 to 3cm) with your less dominant hand. Choose an area about 5cm away from your belly button (and no higher) and away from any scars.
4. Push the needle straight into the area of skin being squeezed, keeping the skin squeezed at all times.
5. Press down very firmly on the plunger until all medication is administered.
6. Keep the plunger down and remove the needle. When the needle is out you can let go of the area of skin.
7. Push down on the plunger until it clicks. This releases the protective needle cover.
8. Place the needle into the sharps bin we have given you.

Please contact your GP or nurse if you have any problems. You can also refer to the pictures in the patient information leaflet that came with your syringes.

Patient information factsheet

Do

- Make sure you don't release the area of skin too early.
- Alternate the side you inject (left one day, right the next).
- Have your injection at the same time each day.
- Look out for signs of deep vein thrombosis (DVTs) and unusual bleeding

Don't

- Don't use expired or damaged syringes.
- Don't inject into a bruise, scar, wound or somewhere that rubs easily against your clothes.
- Don't rub the skin after injecting. This can cause bruising.
- Don't leave your used syringes lying around. Place them straight into the sharps bin.
- Don't use the same syringe and needle more than once. If you take the needle out early, don't re-inject and complete the dose. Just carry on as normal the next day.
- Don't inject in the same area of skin each time.
- Don't try and expel any air bubbles from the syringe.

What do I do if there's an air bubble in the syringe?

It is perfectly normal for there to be an air bubble. It is safe to inject normally.

Can I inject somewhere other than my stomach?

It is best to inject Inhixa into your stomach only, as shown by your healthcare professional.

Symptoms to look out for

Deep vein thrombosis (DVT):

- leg swelling
- redness or change of colour
- unexplained warmth

Pulmonary embolism:

- chest pain
- shortness of breath
- fever (38.3C or above)
- coughing (including coughing up blood)

If you experience any of these, depending on the severity please contact either:

- 111, or
- your GP, or
- 999 (or visit the emergency department)

Patient information factsheet

| Day | Time | Side |
|-----|------|------|
| 1 | | |
| 2 | | |
| 3 | | |
| 4 | | |
| 5 | | |
| 6 | | |
| 7 | | |
| 8 | | |
| 9 | | |
| 10 | | |
| 11 | | |
| 12 | | |
| 13 | | |
| 14 | | |
| 15 | | |
| 16 | | |
| 17 | | |
| 18 | | |
| 19 | | |
| 20 | | |
| 21 | | |
| 22 | | |
| 23 | | |
| 24 | | |
| 25 | | |
| 26 | | |
| 27 | | |
| 28 | | |

For a translation of this document, or a version in another format such as easy read, large print, Braille or audio, please telephone **0800 484 0135** or email **patientsupporthub@uhs.nhs.uk**

For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit **www.uhs.nhs.uk/additionalneeds**