



The Dudley Group
NHS Foundation Trust

Virtual Fracture Clinic
Orthopaedic Outpatients Department
Russells Hall Hospital
Pensnett Road
Dudley
West Midlands
DY1 2HQ

Telephone: 01384 456111 ext. 2220 or ext 2869
Email: dgft.vfc.dudley@nhs.net

Clexane Administration Guidance for self-administration of blood thinning injections, also known as low molecular weight heparins. These injections have various names such as heparin, enoxaparin and clexane

This may be prescribed following an injury or post-surgery to help prevent blood clots known as venous thromboembolism. Any temporary limb immobilisation increases the risk of developing this

It is used to prevent a type of blood clot called deep vein thrombosis (DVT), which can lead to blood clots in the lungs known as a pulmonary embolism

It is important to be aware of the symptoms of blood clots.

Which are:

- A swollen area, pain, tenderness or increased warmth of the leg
- A red or discolored area to the leg
- Acute shortness of breath
- Chest pain worsening on a deep breath
- or coughing up blood

If you experience any of the above symptoms please get medical advice immediately.

There are some instances when injections would not be appropriate even if you were considered high risk. This will be discussed with you. You will be provided with the course of injections with instructions and a sharps box to dispose of the needles safely, this can be

VFC- clexane

returned to clinic or the ward once the course is complete

Step by step guide

- The injection is given daily as a small pre filled syringe that goes in to subcutaneous layer of fat under the skin, usually on the stomach area
- You will need to pull off the cap
- Pinch an inch of skin on your stomach area, avoiding the belly button. Try the alternate sides each day
- Aim to inject at the same time every day to get the full benefit of the dose given
- Plunge the needle into the skin and push down the plunger using your thumb, you will hear two clicks
- You will know that you have injected all of the fluid in the syringe as the guard will be activated and the needle will no longer be exposed. This also helps to prevent needle stick injuries
- Dispose of the used syringe in the sharps box provided, do not close the lid completely until you have completed the course of injection as this will lock the box

If there are young children at home ensure the sharps box is kept out of reach

You may notice bruising to injection sites, this is normal, avoid injecting in to any bruises

To reduce the chance of you developing a blood clot it is essential that you complete the full course of injections. Further measures to reduce the risk of blood clots include good hydration, regular mobilization, ankle exercises – as below for those who are able to complete these

Figure 1 - Point your foot up and down within a comfortable range of movement.

Figure 2 - Make circles with your foot in one direction and then change direction.

Figure 1

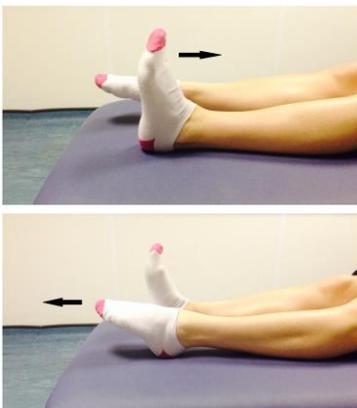


Figure 2



If you have any questions about your injections, your injury, follow up or wound advice please contact Fracture Clinic on 01384456111 ext 2220 or 2869 (open Monday- Friday 9am – 5pm) or email dqft.vfc.dudley@nhs.net

Video guidance is available at: <https://www.youtube.com/watch?v=fr80R0Fizb8>