



GIVING CLEXANE AT HOME

A GUIDE FOR PATIENTS AND FAMILIES

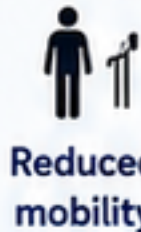
SAFE • EFFECTIVE • CONTINUOUS CARE



Clexane (Enoxaparin) is a blood thinner that helps prevent blood clots.
It is commonly used after:



Surgery or hospitalization



Reduced mobility



Surgery



Stroke



Other medical conditions

Important: Continue the treatment exactly as instructed by your doctor and according to the instructions at discharge.

What is Clexane?



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PREPARATION BEFORE INJECTION



- ✓ Wash your hands well with soap and water.
- ✓ Check that you have the correct dose.
- ✓ Check the expiration date.
- ✓ Choose a clean, well-lit and comfortable area.
- ✓ Prepare a safe container for used needles.

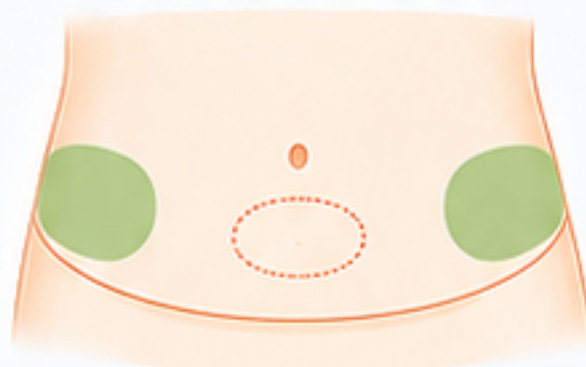


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WHERE TO INJECT?

The injection is given into the fatty tissue under the skin.

Recommended areas:



Important:

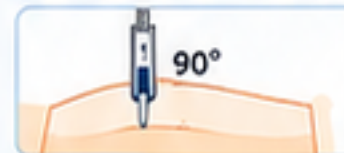
- ✓ Stay at least 5 cm (2 inches) away from the navel.
- ✓ Change the injection site each time.
- ✓ Avoid areas with bruises, redness, hardness or scars.

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HOW TO INJECT?



① Gently pinch a fold of skin.



② Insert the needle straight in (90° angle).



③ Inject the medication slowly and steadily.



④ Wait a few seconds before removing the needle.



⑤ Remove the needle and release the skin fold.

Do not rub or massage the injection site.

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AFTER THE INJECTION



Dispose of the syringe in a sharps container.



Do not reuse the syringe.



A small bruise or mild pain at the injection site is common and usually normal.



Continue the treatment as instructed by your healthcare team.



WHEN TO CONTACT A DOCTOR?

Seek medical advice immediately if you experience any of the following:

- Bleeding that does not stop.
- Blood in urine or stool.
- Large or unusual bruises.
- Severe pain or swelling.
- Shortness of breath.
- Severe headache or dizziness.
- Allergic reaction (rash, itching, swelling, difficulty breathing).

Do not stop the treatment without medical advice.

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IMPORTANT TIPS FOR SUCCESS

- ✓ Inject at the same time every day.
- ✓ Change the injection site each time.
- ✓ Store the medication as instructed.
- ✓ If you miss a dose – follow your healthcare team's instructions.
- ✓ If in doubt – contact your doctor, nurse or pharmacist.



STORAGE

- Store in the refrigerator (2°C – 8°C).
- Do not freeze.
- Protect from heat and direct sunlight.
- Keep out of reach of children.



DISPOSAL OF SHARPS

Dispose of used needles and syringes in a designated sharps container.

When full, close the lid tightly and follow your local regulations for disposal.



QUESTIONS? WE'RE HERE FOR YOU

For any question or concern – do not hesitate to contact your healthcare team.



We wish you a safe recovery!



Stay protected from blood clots by taking Clexane as prescribed and following your healthcare team's instructions.

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Neurological Rehabilitation Department
Education • Rehabilitation • Community