



# NEBRASKA CANCER SPECIALISTS

*the Physicians of Oncology Hematology West*

## Self Injection of Lovenox and Arixtra

- Follow the instructions exactly each time you give yourself a shot.
- It is important to take your injection at the same time every day.
- Inject the medicine in a different spot on your abdomen at each injection time so the medicine does not irritate the skin where you inject it.
- Use each syringe of medicine only once and then discard them in a puncture-proof container. Ask your doctor, nurse, or pharmacist where to get the right type of container

### The following steps can be helpful for self-injection:

1. Wash your hands with soap and water
2. Sit or lie in a comfortable position so you can easily see the area of your stomach where you will be injecting. A lounge chair, recliner, or bed is ideal.
3. Select an area on the right or left side of your stomach, at least 2 inches from your belly button and out toward your sides.
4. Clean the area you have selected for injection with an alcohol wipe and allow the area to dry.
5. While the area is drying, carefully pull off the needle cap from the Lovenox syringe and discard the cap. 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 skin. **Be sure to hold the skin fold throughout the injection.**
7. Vertically insert the full length of the needle (at a 90 degree angle) into the skin fold.
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 completing the injection.**
10. Dispose of your syringe in a puncture proof container. Check with your doctor if you have any questions about this.

### REMEMBER:

- Do not inject yourself within about 2 inches of your belly button or near scars or bruises.
- Alternate the site of injection between the left and right sides of the stomach
- If you are left-handed, hold the syringe with your left hand.
- Minor pain or bruising may occur at the injection site. Your chances for these problems are lessened if you inject the medicine correctly.

### What if I miss a dose?

Check with your doctor, nurse, or pharmacist if you skip or forget to take a dose of lovenox. You may or may not need to take the missed dose. Do not increase your next dose to make up for the missed dose.