



# FRAGMIN

Please bring this booklet the day of your surgery.

QHC#72

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## **What is Fragmin?**

Fragmin (dalteparin sodium injection) is a blood thinner that is used to help prevent blood clots after surgery. It may also be called an anticoagulant.

Do not drink alcohol while taking Fragmin or any other blood thinner. While you are taking Fragmin, you should also avoid taking any of the following until you speak to your doctor:

- Aspirin
- Ibuprofen
- Motrin
- Advil
- Vitamin E
- Any herbal remedies and
- Any other blood thinner medication.

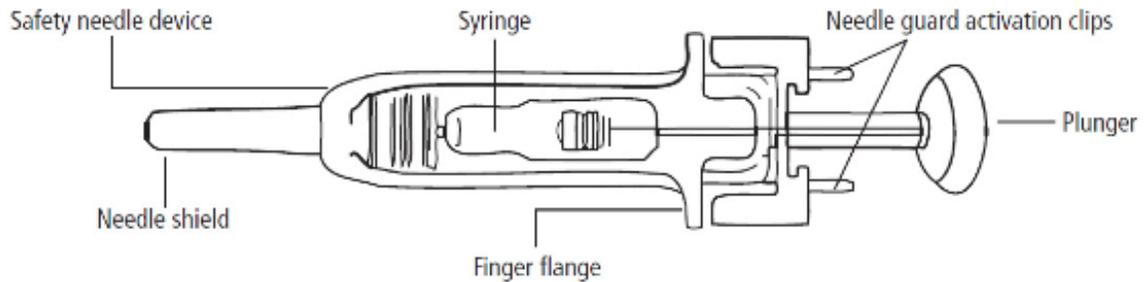
## **Storing Fragmin**

- Keep out of reach of children
- Do not refrigerate
- Store at room temperature, away from heat and light

## Self-Injection

Before you leave the hospital, your nurse will teach you and/or a family member how to give the injections.

### **PREFILLED SYRINGE WITH SAFETY DEVICE**



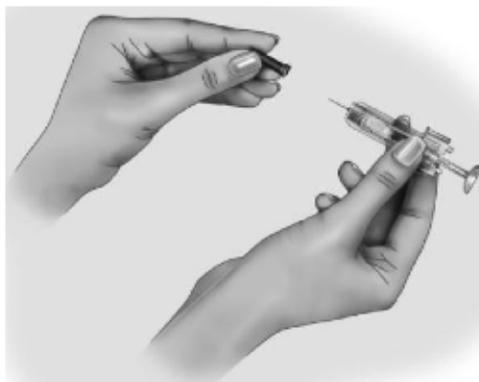
Before you inject the medicine, look at the solution closely. It should be clear and free of floating material. Do not use if it is discolored, if it contains particles, or if the container leaks. Use a new solution, but show the damaged one to your doctor and/or pharmacist.

## 10 Steps to Self-Injection

1. Wash your hands thoroughly
2. Open the syringe package and remove the syringe by pulling the sides of the packaging. This should cause the syringe to fall out.



3. Sit in a comfortable position. Choose a place on your abdomen (avoid the area around your belly button). Use a different site each day.
4. Clean the site well with an alcohol swab.
5. Remove the cap from the Fragmin syringe. Pull the cap straight off to keep the needle from bending.



6. Pinch a fold of skin together with the thumb and fingers of your non-dominant hand.
7. Hold the syringe in your dominant hand like a dart. Insert the needle into the fold of skin at a 90-degree

angle. Slowly depress the plunger, with your forefinger until the syringe is completely empty.



8. With your fingers still on the plunger, remove the needle and release the fold of skin. Remove your finger from the plunger and the safety guard will automatically slide over the needle.
9. With an alcohol swab, apply pressure for 30 -60 seconds to the site. Do not rub the site.
10. Dispose of the syringe in a sharps container.

### **Normal Side Effects**

- Injection site may be sore or red.
- A bruise ranging from the size of a pinprick to a quarter.
- A lump at the injection site. It is fluid and will be absorbed into your body.

## Serious Side Effects

Although side effects from Fragmin are not common, they can occur. If you experience any of the following symptoms, call your doctor or come to the nearest Emergency Room:

- Bleeding gums
- Nose bleeds
- Blood in your urine or stool
- Black, tar-like bowel movements
- Vomiting or coughing up blood
- Increased bruising
- Pain, swelling, redness or warmth in your legs
- Shortness of breath
- Chest pain or rapid heartbeat
- Feeling faint or weak

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