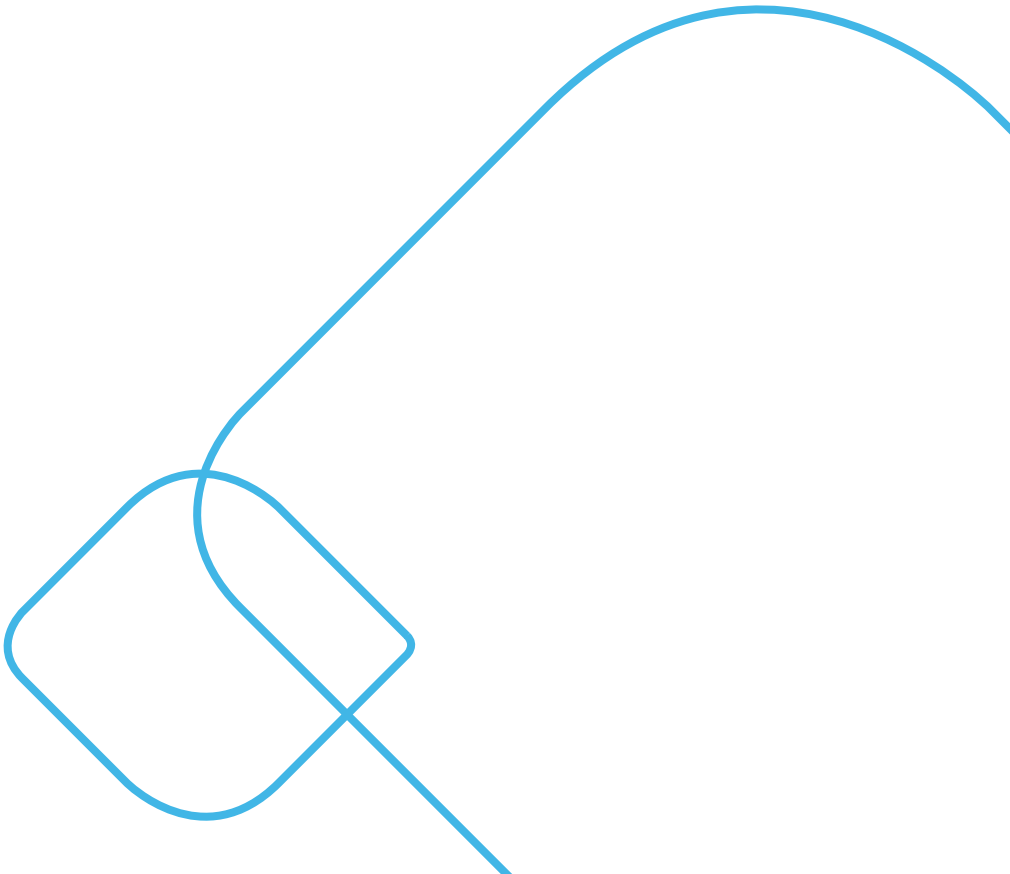


How to inject dalteparin

A patient guide



Introduction

This leaflet was given to you because your doctor has prescribed dalteparin injections for you to have at home. This leaflet provides you with a guide on how to give dalteparin injections either to yourself or to a family member.

It is a simple process that you can do at home. **If you do not feel confident to inject dalteparin a referral can be made to the Community Nurses. Please talk to your doctor or nurse before you leave the hospital about this.**

It is very important that you **do not** miss any dalteparin doses unless otherwise advised by your doctor.

Your nurse should have already shown you the correct technique to administer a dalteparin injection. A sharps bin should have been provided to you on hospital discharge. Please contact your local council for information on sharps bin disposal.

You will be provided with the full course of injections. Please store at room temperature.

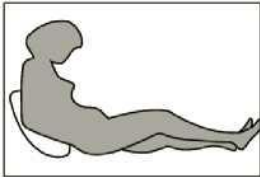
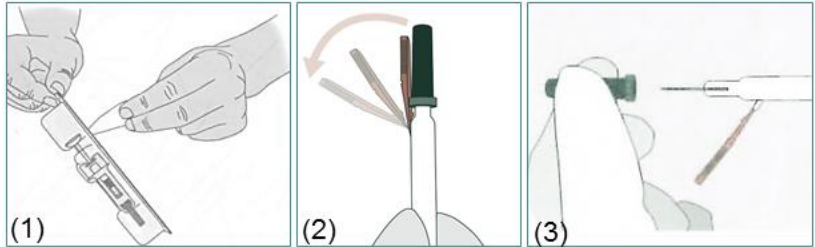
What you need to know

Dalteparin is a medication which thins the blood in order to treat blood clots **or** to prevent them if you are at risk e.g. after surgery, prolonged bed-rest, in some cases during pregnancy or patients with certain types of cancer. Dalteparin comes as a pre-filled syringe intended for injection under the skin. The injection is to be given into the fatty area of the body.

The recommended injection sites are in the abdomen or in the outer side of the thigh. Change injection site each day to avoid complications e.g. skin scars or lumps. Inject dalteparin at the **same time every day** for the length of the treatment. You should read the dalteparin leaflet included in the dalteparin box before injecting the medicine.

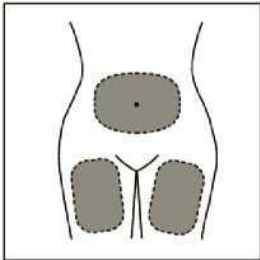
Preparation

Wash your hands with soap and water. Remove the top of the dalteparin pack (1). Move the orange needle-trap down (2). Carefully remove the grey needle cap by pulling it (3).

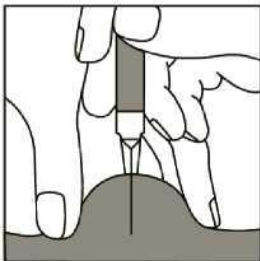


Injection

The best position is in a slouched position. Pinch a fatty fold of skin between your fingers, this will be the injection site. With the other hand hold the syringe and firmly insert the needle in full at a 90 degree angle into the skin fold. Push the plunger to inject the medicine then pull the needle out.



Initially this may feel a little uncomfortable and painful, but future injections should feel less so.



Do not attempt to re-apply the cap to the needle. On a hard surface, push the needle against the orange needle-trap until it locks. Dispose of the syringe in the yellow sharp bin provided.



How to administer dalteparin injection video

A explanatory video on 'How to administer dalteparin' is available on our patient website, along with other useful information.

Our RUH site www.ruh.nhs.uk/Thrombosis or scan this QR code below.



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If you would like this leaflet in email form, large print, braille or another language, please contact the Patient Support and Complaints team on 01225 825656.

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