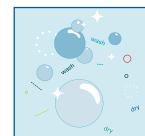


Step-by-step instructions for injecting CLEXANE (enoxaparin sodium)

Note: If these instructions are different from those your nurse or doctor has given you, please follow their advice.

This guide is for patients who have been prescribed Clexane, and their caregivers. This is not intended to be a substitute for medical advice. This should provide additional support that complements the advice from your healthcare professional. It does not replace the patient information leaflet, which should be read alongside these materials.

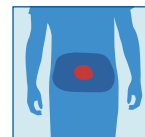
1 Wash your hands. Cleanse (do not rub) the area that you will inject with an alcohol swab or soap and water.



2 Sit or lie in a comfortable position so you are relaxed. Make sure you can see the place you are going to inject. A lounge chair, recliner, or bed propped up with pillows is ideal.



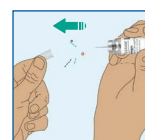
3 Choose an area on the right or left side of your stomach. This should be at least 5 centimetres away from your belly button and out towards your sides.



- Do not inject yourself within 5cm of your belly button or around existing scars or bruises.
- Change the place where you inject between the left and right sides of your stomach, depending on the area you last injected.

4 Carefully pull off the needle cap from the syringe. Throw away the cap.

- Do not press on the plunger before injecting yourself to get rid of air bubbles. This can lead to a loss of the medicine.
- Once you have removed the cap, do not allow the needle to touch anything. This is to make sure the needle stays clean (sterile).

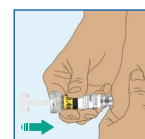


When the amount of medication in the syringe already matches your prescribed dose, there is no need to adjust the dose. You are now ready to inject.

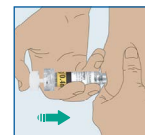
5 When the dose depends on your body weight, you may need to adjust the dose in the syringe to match the prescribed dose. In that case, you can get rid of any extra medicine by holding the syringe pointing down (to keep the air bubble in the syringe) and ejecting the extra amount into a container. A drop may appear at the tip of the needle. If this occurs, remove the drop before injecting by tapping on the syringe with the needle pointing down. You are now ready to inject.



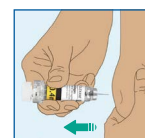
6 Hold the syringe in the hand you write with (like a pencil). With your other hand, gently pinch the cleaned area of your stomach between your forefinger and thumb to make a fold in the skin. Make sure you hold the skin fold throughout the injection. Hold the syringe so the needle is pointing straight (at a 90 degree angle). Insert the full length of the needle into the skin fold.



7 Press down on the plunger with your thumb. This will send the medication into the fatty tissue of the stomach. Complete the injection using all of the medicine in the syringe.



8 Remove the needle from the injection site by pulling it straight out. A protective sleeve will automatically cover the needle. You can now let go of the skin fold. The safety system only releases the protective sleeve when the syringe has been emptied by pressing the plunger all the way down.



9 When you have finished:
To avoid bruising, do not rub the injection site after you have injected yourself.

Drop the used syringe into a sharps container. Close the container lid tightly and place the container out of reach of children. When the container is full, dispose of it as your doctor or pharmacist has instructed. Any unused medicine or waste material should be disposed off in accordance with local requirements.



Your digital resources

On the ClexanePatientSupport website you will find information regarding thrombosis and CLEXANE.



The information in this guide is not intended to replace the advice of your nurse or doctor. If you have any questions or are unsure about how to inject CLEXANE, your community nurse or doctor will be able to help.

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google Play or Apple App Store.

By reporting side effects you can help provide more information on the safety of this medicine.

sanofi

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