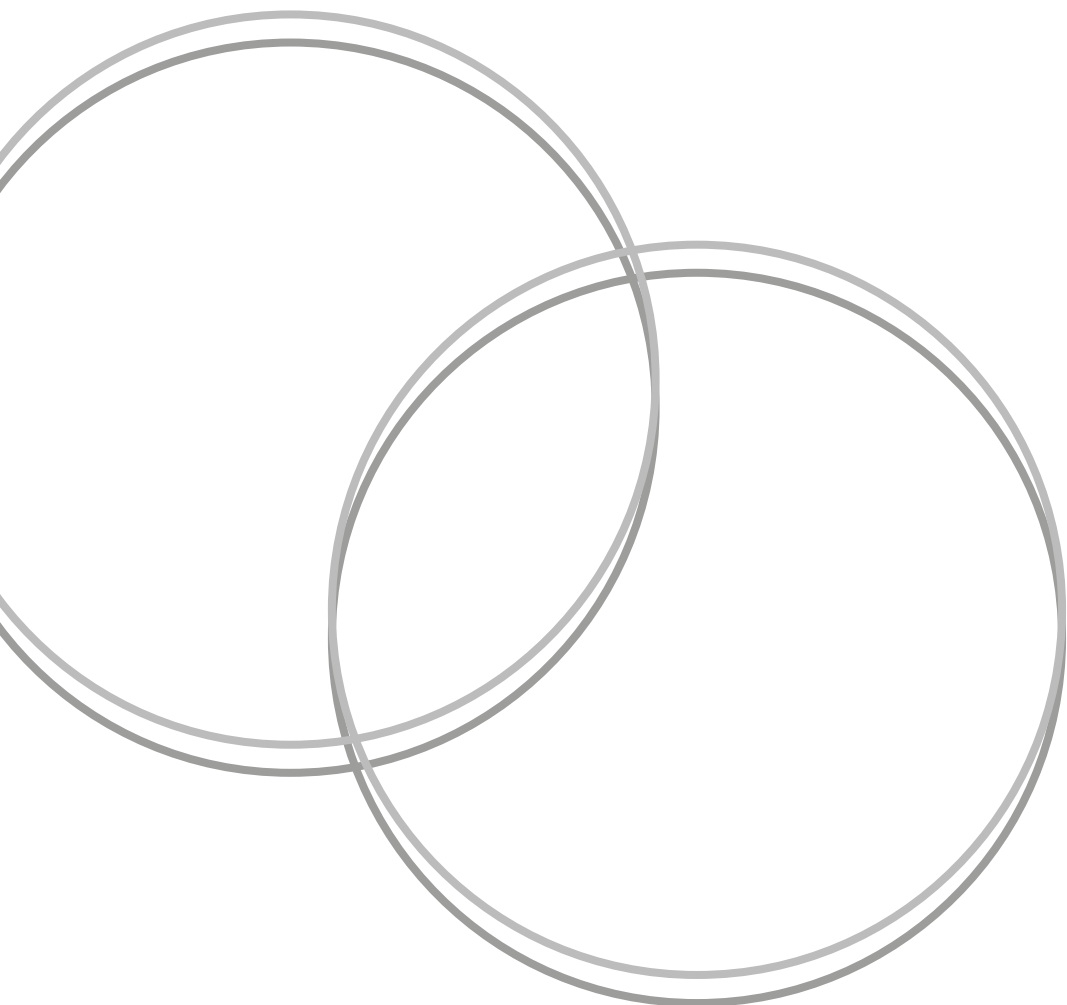


Information on how to administer dalteparin at home

Information for patients



Who is this leaflet for?

This leaflet is for people who have been advised to take dalteparin on discharge from hospital.

Why have you been prescribed dalteparin?

Dalteparin can be used to help prevent or treat blood clots. These blood clots are known as a deep vein thrombosis or DVT (a blood clot in you leg) or pulmonary embolism or PE (a blood clot in your lung).

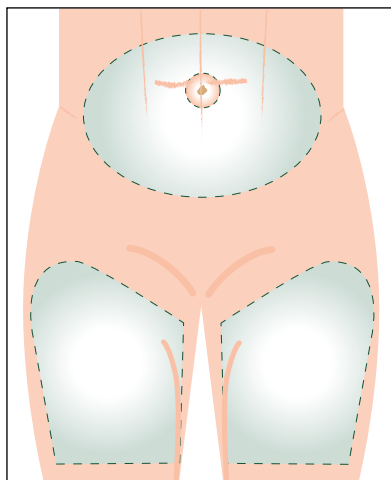
The hospital will supply the medication for a specified duration, it is important to complete this course of dalteparin even if you are discharged from the hospital.

How do I administer dalteparin?

Dalteparin is given as an injection. You or a relative/friend will be shown how to give the injections before you go home, but this leaflet also gives you instructions. The best places for you to inject into are:

- The U-shape area around your belly button.
- The upper outer side of the thigh.

If you have had surgery in these areas avoid injecting too close to the wound or bandages.



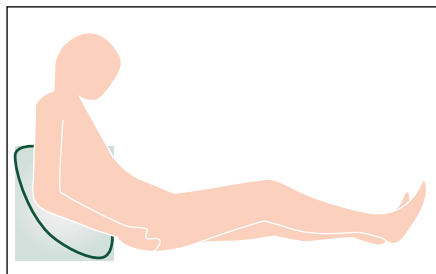
How do I give myself a injection?

Wash your hands and make sure the area you are going to inject is clean before you begin. **Be sure to use a different area (site) to inject into each time you give an injection to help prevent bruising.**

How to administer the injection using a pre-filled syringe

Step 1

Sit down comfortably so that you can reach your tummy or legs easily.

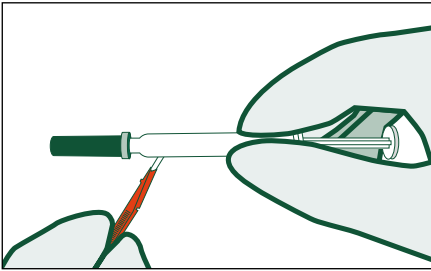


Step 2

Choose a place where you will inject yourself. This could be in your tummy or the outside of your left or right thigh. Your tummy is usually best. This is because this area usually has the most fat to inject into. It's important that you do not inject into your arm or anywhere else on your body – this can cause the injection to enter the muscle instead of the fat and result in a bleed in your muscle. It is important that you change the place you inject each time.

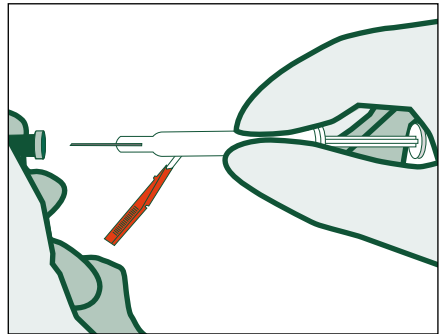
Step 3

Pick up the syringe. There is an orange plastic needle trap that hangs from the main part of the syringe. Bend the plastic needle trap back, away from the needle, before you remove the shield.



Step 4

Remove the grey rubber needle shield from the needle. Be careful not to touch or bend the needle in the process. Do not try to put the needle shield back on because this could damage the needle. You will notice an air bubble in the syringe. It is supposed to be there. Do not attempt to remove this bubble, as some of the medicine may be lost.

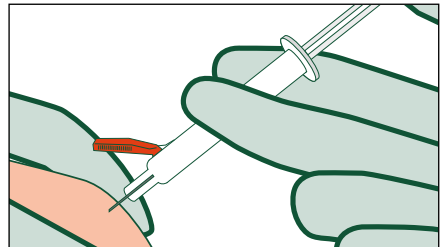


Step 5

Hold the syringe in one hand. Gently pinch a fold of skin between the thumb and index or first finger of your other hand. You should pinch between 1 and 2 inches or between 2.5 and 5 cm of skin and fatty tissue. This will be the injection site or the place where you inject.

Step 6

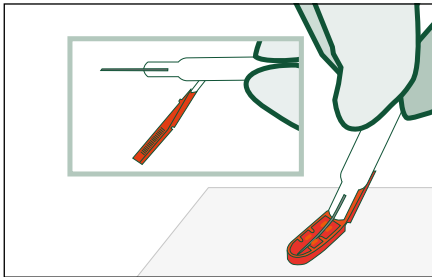
Hold the syringe so that it points straight at the skin at a right angle. Keep pinching the fold of skin. Make sure the needle goes all the way in and press the plunger. This will push the medication through the needle into your body. Let go of your skin once all the medicine has been injected and pull the needle out. Put pressure gently against injection site for a minute if you are bleeding. Do not rub the injection site because this may cause bruises.



Step 7

You should use the needle trap when you have finished the stages above. The needle trap is the orange plastic part that hangs from the main part of the syringe. You moved it out of the way of the needle in step 3. The needle trap bends the needle so that it cannot be used again and cannot accidentally hurt anyone.

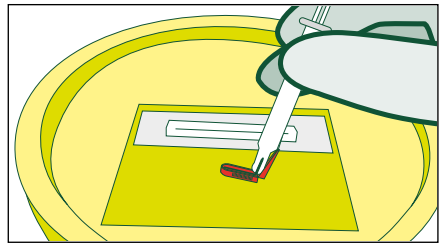
Move the needle trap forwards carefully so that it is next to the needle. Then push the needle down into the trap against a hard, stable surface. You will be able to hear a click once the needle is firmly in the trap.



Step 8

Throw the syringe away as soon as you have finished by disposing of it in the yellow plastic sharps bin the hospital has provided. Keep your sharps bin out of reach of other people.

When the sharps bin is full please contact your GP surgery to arrange replacement or disposal.



Possible side effects of Dalteparin

Dalteparin, like all medications, may have side effects. Possible side effects of this injection can be swelling, bruising, a droplet of blood at the site of the injection after the needle is removed and prolonged bleeding if you cut yourself (but this is rare).

How should I store Dalteparin?

Keep the syringes in the pack until it is time to use them. Dalteparin syringes must be stored at room temperature below 25°C). **Keep all medicines out of reach of children.**

What do I do if I miss an injection?

If a dose of dalteparin is missed, take that dose as soon as you remember and then continue with administration as before. A double dose should not be taken to make up the forgotten dose.

Symptoms and signs of a blood clot to look out for:

DVT

- leg pain or tenderness
- leg swelling
- leg warm to touch
- redness of the leg.

PE

- shortness of breath or difficulty breathing
- chest pain
- coughing up blood
- sudden collapse.


However, a DVT or PE may occur without any symptoms.

VTE Prevention App

Have you been admitted to hospital or are you, a friend or a relative being admitted to hospital?

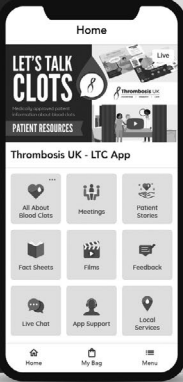
Help reduce the risk of getting a blood clot in hospital with this free App. It can be downloaded from the Play store or App store.

You can now download 'Let's Talk Clots' for FREE from the app store. It provides valuable information on blood clots and offers guidance on reducing the risk of developing one.



DOWNLOAD OUR NEW APP

LET'S TALK CLOTS



Home

LET'S TALK CLOTS

PATIENT RESOURCES

Thrombosis UK - LTC App

All About Blood Clots

Hearings

Patient Stories

Fact Sheets

Films

Feedback



Live Chat

App Support


Local Services

Home My Bag Menu

A FREE comprehensive one-stop shop for medically approved patient information about blood clots.

-  What is a blood clot?
-  Diagnosis, treatment & help
-  Recovery, what about... & FAQ

DOWNLOAD THE APP



Download on the App Store



GET IT ON Google Play

or learn more at <https://ltc-app.vfairs.com>

Developed in collaboration with Oxford University Hospitals and UK healthcare and allied professionals and patient advocates

Thrombosis UK is a registered charity in England: 1090540

NHS
Oxford University Hospitals
NHS Foundation Trust

www.thrombosisuk.org

If you have any symptoms of a DVT or PE, please seek medical attention straight away at your local Accident and Emergency Department.

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

Author: VTE Prevention Team

December 2024

Review: December 2027

Oxford University Hospitals NHS Foundation Trust

www.ouh.nhs.uk/information



Making a difference across our hospitals

charity@ouh.nhs.uk | 01865 743 444 | hospitalcharity.co.uk

OXFORD HOSPITALS CHARITY (REGISTERED CHARITY NUMBER 1175809)

