

# Enoxaparin (Lovenox), Dalteparin (Fragmin) and Fondaparinux (Arixtra) Self-Injection for Adults and Children

Lovenox<sup>®</sup>, Fragmin<sup>®</sup>, and Arixtra<sup>®</sup> are medicines to stop clots from forming in your blood. You give these medicines with an injection. The injection delivers the medicine into the fat below the skin. This is called a subcutaneous injection. Your nurse will show you how to give the injection. The steps below also explain the process.

## Supplies Needed

- Pre-filled Syringe (Figure 1)
- Alcohol swabs



Figure 1  
(©MD Anderson Cancer Center)

## How to Give the Injection



**Never re-use needles. Never share needles. Always discard after one use.**

1. Wash your hands for 20 seconds.
2. Sit or lie in a comfortable position. Choose a place on your abdomen at least 2 inches from your belly button. (Figure 2)
3. Clean the area of your skin with an alcohol swab and let it air dry.
4. Firmly pull the needle cap off and throw it away.
5. To make sure you receive the full dose of medicine, **do not** push out the air bubbles from the syringe before the injection.
6. Gently pinch up the clean area of skin. (Figure 3)
7. Hold the needle like a pencil. Quickly insert it at a 90-degree angle into the fold of skin. (Figure 3) Push the whole length of the needle into the skin.
8. Push the plunger slowly until the syringe is empty or to a specific dose as directed by your care team.
9. Pull the needle straight out and let go of the skin fold.
10. If there is bleeding, press a tissue on the site until the bleeding stops.

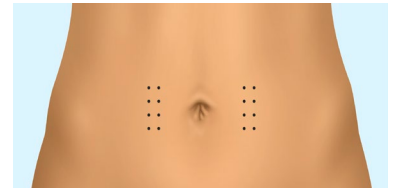


Figure 2  
(©MD Anderson Cancer Center)



Figure 3  
(©MD Anderson Cancer Center)

**Do not** rub the site.

11. Your syringe may have a safety shield. If there is a safety shield, push the plunger down after removing the needle until you hear a click. The safety shield covers the needle.
12. Throw away the needle in a safe place, like a sharps collection container. You may also use a thick plastic container with a secure lid, like an empty liquid detergent bottle. (Figure 4)
13. **Do not** give the next injections in the same spot on your abdomen. Change the location each time you give the injection.



Figure 4  
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## More Information

To learn more about your medicine and injection safety, see the following resources.

### Medicine Manufacturer Information

- Lovenox  
<https://www.lovenox.com/patient-self-injection-video>
- Fragmin  
<http://bit.ly/Fragmin>
- Arixtra  
<http://bit.ly/Arixtra>

### Injection Safety for Patients

The Centers for Disease Control and Prevention (CDC) provides information for patients online:  
<http://bit.ly/InjectionFAQ>