What is Dalteparin (Fragmin)?

It is a medication that prevents and treats blood clots. Your doctor may have recommended this medication for several reasons. These could be to:

- prevent blood clots from forming
- treat blood clots that have formed in your legs or in your lungs

This medication is safe for your baby. It is does not cross the placenta so it does not enter into your baby’s blood. After you have given birth, this medication is also safe when breastfeeding.

Where do I get this medication from?

Take your prescription to the pharmacy. Your medication will be given to you in pre-filled syringes. Ask the Pharmacist for a special container to put the used syringes and needles in from the pharmacy. This is called a sharps container.

If you have an extended medical health care plan it may help pay for some or all of the cost.

How often do I give myself this medication?

You give yourself this medication once a day. Choose a time during the day that you are free so that you can give your medication at the same time every day.

Side Effects of Dalteparin (Fragmin)

The most common side effect from dalteparin is bruising at the injection site. If you do have a bruise, wait until the bruise is gone before using that site again. If you have many bruises, or if you have nose bleeding, red or tea coloured urine or bleeding gums, please call the nurse or doctor.

In rare cases, patients are allergic to dalteparin. If you develop an itchy rash or have problems breathing, call your doctor immediately.

Steps To Giving Yourself Dalteparin (Fragmin)

1. Gather your supplies.
   
   **You need:**
   - An alcohol swab
   - Dalteparin (Fragmin) medication in a pre-filled syringe
   - A cotton pad
   - Record sheet given to you by the hospital.
   - A sharps container

   **cont’d...**
**Injection procedure**

Clean your hands with an alcohol based hand cleaner or use soap and water before you start.

1. Clean skin with alcohol swab.

2. Take the cap off the syringe. Hold the syringe like a pencil, using the same hand that you use to write with. Take off the cap by pulling it straight off the syringe.

3. Firmly pinch up 3 cm (1 inch) of the skin where you are going to inject Dalteparin. For *pre-filled syringe*: turn syringe upside down so air rises above the solution.

4. Hold the needle straight up. Insert straight into pinched skin on your stomach or your thigh.

5. Inject Dalteparin. Using your first or index finger, press the plunger using steady pressure. **Make sure all the medication is gone before you let go of the plunger.** If you let go of the plunger too soon the needle goes back in the syringe. You will not get your whole dose of medicine if this happens.

6. Withdraw the needle quickly.

7. Using the cotton ball press lightly on the injection site for 30 seconds.

8. Put the empty syringe into the sharps container. **DO NOT** put the cap back on the used needle. See page 5 for needle/syringe disposal.
**Selection and rotation of injection sites**

On the record sheet, write down the date and time inside the box of where you gave yourself the medicine.

Choose a different site on the stomach or thigh each day.

Giving yourself the medicine properly under the skin is needed to help prevent pain and bruising at the injection site.

Use the diagram to help guide you to give the medicine in different sites.

**Personal dosage chart**

Dose of Dalteparin _________ units.
Dalteparin is to be given every 24 hours.

Time:______________

It is important that you give your medication as close to the same time every day.

**How to Prepare and Give Heparin**

**Heparin Information**

Heparin is a drug that slows the clotting of the blood. Doctors recommend Heparin for two reasons in pregnancy:

1. Women who have a history of blood clots in their deep veins called deep vein thrombosis, stroke or a heart valve replacement.
2. Women who have an antibody which can cause blood clots and may lead to a pregnancy loss.

Heparin does not cross the placenta to enter the baby’s blood. It works only on your body to slow your blood clotting.

Your doctor will ask you to have regular blood tests to measure your blood clotting time and your platelet count to make sure your blood clotting does not become too slow.

**Side effects**

The most common side effect from heparin is bruising at the injection site. If you do have a bruise, wait until the bruise is gone before using that site again. If you have many bruises, or if you have nose bleeding, red or tea coloured urine or bleeding gums, please call the nurse or doctor.

Long-term use of heparin may cause your bones to become weaker and increase the chance of bone breaks. Talk to your doctor about taking a calcium supplement and Vitamin D in pregnancy and after to protect your bones. Heparin does not affect the baby’s bones.

In rare cases, patients are allergic to heparin. If you develop an itchy rash or have problems breathing, call your doctor immediately.

**Steps to Preparing the Heparin**

Give yourself the heparin everyday.

1. Gather supplies:
   - Heparin solution.
   - Alcohol swab.
   - Insulin syringe with needle (1cc or 1/2 cc).
   - Container for used syringes and needles called a Sharps container. Ask your pharmacist for this.
You give heparin by using an insulin syringe. Insulin syringes are marked off in number of units you should take. Make sure you know what dose of Heparin your Doctor has ordered.

2. Wash your hands.

3. Lay out the supplies in a clean area such as a table or a countertop in the kitchen.

4. Clean the top of bottle with the alcohol swab.

5. Pull back on the plunger to the mark that equals your Heparin dose. This draws a "dose of air" into the syringe.

6. Push the air from the syringe into the Heparin bottle. This will make it easier to withdraw the Heparin.

7. Turn the bottle upside down and pull the plunger up and down once or twice. This will clear any small air bubbles in the syringe.

8. Pull the plunger until the heparin fills the syringe to the mark that equals your Heparin dose. Remove the needle and syringe from the bottle.

Selection and rotation of injection site

9. Choose a different site to give the Heparin each time you give it.

The stomach and legs are usually the best place for heparin injection.

Make sure you rotate your injection site each day.
Giving yourself the Heparin injection

1. Wash your hands and clean skin with alcohol swab.

2. Pinch up 3 cm (1 inch) of the skin where you are going to inject Heparin.

3. Insert the needle straight into the skin of the site you have chosen.

4. Inject Heparin.

5. Withdraw the needle quickly.

6. Using the cotton ball press lightly on the injection site for 30 seconds.

7. Put the needle and syringe in the Sharps container. DO NOT put the cap back on the needle.

My dosage chart:

- Amount of heparin to be given at each dose
  - units

- Concentration of heparin being used:
  - units/ml
  (Check your heparin bottle to make sure this is correct)
  This equals units on the syringe.

- Heparin is to be taken every 12 hours.
  - a.m.  p.m.

Remember:
- It is very important that you take your heparin as close as possible to the same time twice per day.
- Use a new injection site each time.
- Always use a Sharps container.
- Heparin can be stored at room temperature.
- Know who and when to call for questions

Doctor phone number:

Needle/syringe disposal

It is very important that you safely dispose of your used needles and syringes by putting them into the sharps container. Keep this container in a safe place.

Return the sharps container to the pharmacist when it is full or when you are finished your medication.