

## Disposing of the syringe

- Cap the needle to prevent injury.
- After use, do **not** replace the needle guard.
- Put the syringe in the plastic container and dispose of in the yellow 'sharps' bin that you were given on leaving hospital. Please remember to bring your sharps bin with you for disposal when you attend for your outpatient follow up appointment. Or, return it to your GP if you don't need a follow up appointment.



## Possible side effects

- Haematoma (collection of blood under the skin).
- Anaemia.
- Low platelet count.
- Bruising.
- Itching.
- Skin reactions.

## Contact us

If you have any concerns or questions in the 48 hours following discharge from hospital, please call the ward for advice:

**Ward name:** \_\_\_\_\_

**Ward tel:** \_\_\_\_\_

**Seek urgent medical review via your GP, NHS 111 or attend A&E if you notice any:**

- **Pain or swelling in your leg**
- **Sudden onset of breathlessness that is unusual for you**
- **Chest or back pain that is unusual for you**
- **Coughing or spitting up blood**
- **Any episode of collapse / fainting**
- **Fast heartbeat**
- **Sweating.**

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**Please ask if you need this information in another language or format.**

RBFT VTE Team, November 2025

Next review due: November 2027



# Guide to self-injecting Enoxaparin or Tinzaparin at home

Information for patients

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## **This leaflet gives you safe and easy instruction to administer injections of Enoxaparin or Tinzaparin at home.**

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### **What is Enoxaparin / Tinzaparin and why do I need to carry on taking it at home?**

Enoxaparin / Tinzaparin are blood thinners (anticoagulants). They are used following surgery when your mobility is reduced or when you are at risk of developing a blood clot or to treat blood clot.

You will be shown how to give yourself the injection while you are still in hospital to make sure you are confident doing it at home. You can also remind yourself on how to self-inject your anticoagulant by watching this online video <https://www.techdow-pharma.co.uk/videoplay.html>

### **Three stages of injecting Enoxaparin / Tinzaparin**

- Preparation
- Administration (giving the injection)
- Disposal

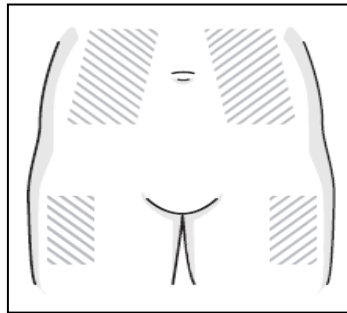
### **Preparing for your injection**

Before the injection, make sure you:

- Wash your hands with soap and water. Dry your hands well.



- Decide where to inject yourself – it is usually your abdomen, although sometimes your doctor or nurse may advise you to use your thigh.



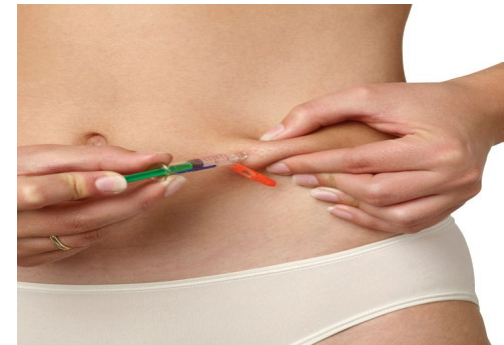
- Do not inject within 5cm (2") of the belly button or near a bruise or scar.
- Your skin may be sore after the injections and there is high chance of bruising, so we advise that you use alternate sides of your stomach or thighs each time.
- Sit or lie in suitable position so you can see the skin that you are going to inject.
- Clean the area with one of the sterile wipes you were provided with.

### **Giving the injection**

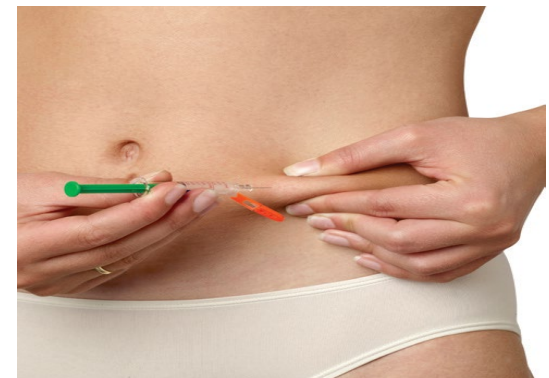
- Carefully remove the syringe from the plastic container. Remove the needle guard. Ensure the needle does not touch anything. It is now ready for use.



- Gently squeeze a well-defined fold of skin and fat with your thumb and index finger.



- Quickly insert the needle straight down and all the way into the fatty layer through the skin as you were shown in hospital.



- Give the drug slowly, firmly push plunger down as far as it will go. Pull the needle out slowly and straight. Release the skin back as you remove the needle.
- Do not rub the area afterwards as this may increase the bruising.