

Emergency Department

Preventive Treatment Against Thrombosis

Advice for Your Return Home



You have suffered an injury and one of your limbs is immobilized. This document provides information about thrombosis prevention treatment after leaving the hospital.

It supplements the leaflet inside your medication packaging, which we recommend you read carefully.

What is happening?

Because part of your body is immobilized, you are less active than usual. Blood flow slows down, increasing the risk of a blood clot that can block the veins in your legs (thrombosis) and travel to the lungs (pulmonary embolism).

What is your treatment?

The prescribed treatment thins the blood. It consists of a subcutaneous injection of an anticoagulant.

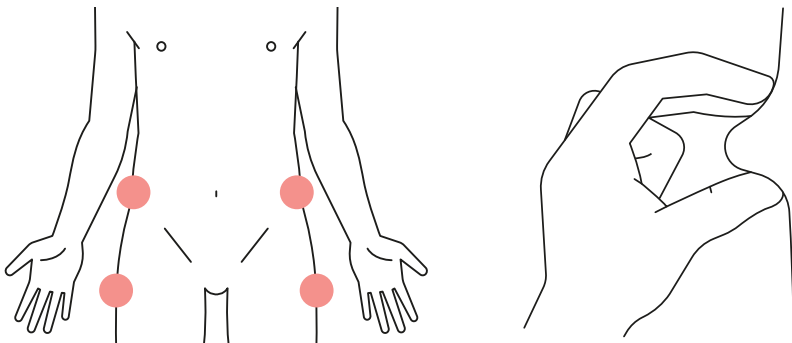
The syringes are pre-filled and have an automatic safety system to avoid accidental needle-sticks.

According to the prescription, inject yourself every day **at the same time** into the fatty tissue of the abdomen just under the skin. Do not stop the treatment without medical advice.

How to perform the injections

- ▲ Wash or disinfect your hands.
- ▲ Sit or lie down comfortably.
- ▲ Locate the injection site on the abdomen. Avoid a 5 cm area around the navel and any scars. If you are pregnant or recently had abdominal surgery, use the front or side of the thighs instead (avoiding the injured limb).

Subcutaneous injection sites



- ▲ Disinfect an area of about 10 cm in diameter.
- ▲ Remove the syringe cap.
- ▲ Pinch the disinfected skin between thumb and index finger.
- ▲ Insert the needle at a right angle into the skin fold and push it in fully without releasing the skin.
- ▲ Press the plunger slowly (10-30 s) to inject all the product, including the air bubble.
- ▲ Press firmly on the plunger to trigger the spring, which retracts the protective sleeve over the used needle.
- ▲ Release the skin fold and dispose of the syringe in a suitable sharps container (available at pharmacies) or a rigid jar.
- ▲ Do not rub or massage the injection site or apply a dressing.
- ▲ Alternate sides with each injection.

Recommendations to follow

Elevation

To promote venous return

Elevate your injured limb as often as possible, including at night.

Avoid bleeding

The treatment increases bleeding risk

- Use a soft toothbrush.
 - Minimize injuries.
 - Before any surgical or dental procedure, even minor, inform your doctor or dentist that you are on this treatment.
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If you miss an injection

- You may inject your dose up to 12 hours after the scheduled time, then resume your usual schedule.
 - Beyond 12 hours, wait until the next injection.
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Warning signs

Go to the nearest emergency center as soon as possible if you notice any of the following symptoms (signs of pulmonary embolism):

- ▲ Shortness of breath
- ▲ Difficulty breathing
- ▲ Chest pain when breathing

When to call your doctor

Make an appointment with your general practitioner if you notice any of the following symptoms

- ▲ Bleeding from gums or nose, blood in urine, coughing up blood, appearance of bruises, black stools, or any other bleeding.
- ▲ Swelling, tenderness, inflammation, small lump, or pain at the injection site.
- ▲ Redness, warmth, or pain in the injured limb.



For any further questions, please contact your general practitioner or the pharmacist who provided your treatment.



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