

Injection Technique



How to Give Yourself a FRAGMIN Injection Using the Multi-Dose Vial

You will need:

- ✓ A new syringe and needle
- ✓ Alcohol swabs
- ✓ A cotton ball
- ✓ An approved container for used syringes



STEP 1

Wash your hands.



STEP 2

Remove the plastic cap from the top of the vial the first time you use the vial. Always wipe the rubber top of the vial with an alcohol swab before you withdraw FRAGMIN from the vial.



STEP 3

Pull back the plunger to your dose mark to fill the syringe with air. The amount of air in the syringe should be about the same as the volume of FRAGMIN that you have been prescribed.



STEP 4

Push the needle through the rubber top of the vial and inject the air from the syringe into the vial.



STEP 5

With the needle still in the vial, turn the vial and syringe upside down.

To withdraw FRAGMIN from the vial, pull back on the plunger, keeping the tip of the needle within the solution (so that you don't get air bubbles).



STEP 6

Keep pulling back on the plunger until the top of the plunger is a little past the desired mark on the syringe (that is, draw up a little more than you need).



STEP 7

Keep the vial upside down, with the needle in the vial pointed upward. Tap the syringe, or "flick" it with your fingertips. This helps move bubbles to the top of the syringe.



STEP 8

To expel air bubbles and excess FRAGMIN back into the vial, push the plunger up carefully until the black top of the plunger is even with your dose.



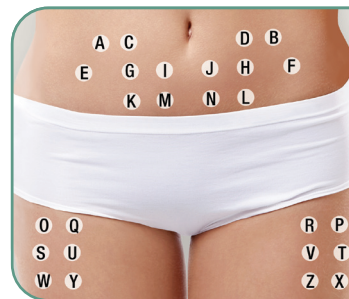
STEP 9

Withdraw the needle from the vial. If you are not ready to inject immediately, replace the needle cap without touching the needle.



STEP 10

Choose the injection site. The preferred site of injection is the lower abdomen. FRAGMIN may also be injected into the side of the thigh, provided care is taken not to inject into the muscle tissue. Select a different site on the abdomen or thigh for each subsequent injection **as illustrated**.



STEP 11

Cleanse the site. Wipe the area selected for injection with an alcohol swab and allow it to dry.



STEP 12

Pinch a fold of skin.

The needle must be inserted into a skin fold created with the thumb and forefinger. **This fold of skin must be maintained throughout the injection.**



STEP 13

Administer FRAGMIN. Using your dominant hand, hold the syringe like a pencil between your thumb and middle finger. Insert the needle vertically into the skin fold as far as it will go. Once inserted, the needle should not be moved.



If you are self-injecting, depress the plunger using the forefinger; **if you are injecting someone else**, use the thumb to depress the plunger.

STEP 14

After FRAGMIN has been administered. Remove the needle and release the skin. Press a cotton ball on the injection site for 5–10 seconds or longer. To avoid bruising, do not rub the injection site. Discard the used syringe in a container. Ensure it is kept out of reach of children.



**Use one syringe for each dose of medication required.
Do not save partially used syringes for future use. Discard any unused portions.**

Because benzyl alcohol may cross the placenta, FRAGMIN 25 000 IU 3.8 mL multi-dose vials, which are preserved with benzyl alcohol, should not be used in pregnant women. The multi-dose vial should **not** be used in premature or newborn babies. Benzyl alcohol preparations should be used with caution in pediatric patients.

FRAGMIN is used to prevent blood clotting (coagulation) when surgery is performed, to treat the acute formation of blood clots in deep veins, to treat symptomatic blood clots to prevent recurrence of the clots in patients with cancer, to treat unstable coronary artery disease, to prevent clotting in those at risk when mobility is restricted during acute illness, and to prevent clotting in blood dialysis and filtration equipment in connection with acute kidney failure or chronic kidney disease.

It is necessary that you follow the instructions of your healthcare professional carefully. Give yourself the injections prescribed for the entire time period specified by your healthcare professional.

Do not take any drugs other than those prescribed by your healthcare professional while you are taking FRAGMIN. As certain medications may intensify the anticoagulant effect (e.g., blood thinning effect) of FRAGMIN, it is important for you to tell your doctor about any medications you are taking.

FRAGMIN is administered as an injection underneath the surface of the skin (subcutaneously) and should not be administered intramuscularly.

Stop taking FRAGMIN and contact your healthcare professional if you experience: severe discolouration, pain or bruising around the injection site; bruising without apparent cause; nosebleed; bleeding from the mouth, gums, abdomen, anus or vagina; bleeding at the injection site or from a surgical site; allergic reactions; blood in the urine; or if you experience a stroke (bleeding inside the brain). For any unexpected effects while taking FRAGMIN, contact your doctor or pharmacist immediately.

Store your Multi-Dose Vial at room temperature (15–30°C). The vial must be used within two weeks after initial penetration.

Please consult the Consumer Information leaflet in the product package for complete administration and safety information.



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Kirkland, Quebec H9J 2M5

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