

# Injection Technique



## How to Give Yourself a FRAGMIN Injection Using the Prefilled Safety Syringe

**DO NOT attempt to remove the syringe from the blister packaging with your fingers.**

Follow directions for correct handling technique as shown in steps 1 to 3, otherwise, the needle's safety mechanism may be triggered, making the syringe unusable.

### STEP 1

Peel off paper backing completely from the blister packaging.



### STEP 2

Rotate the packaging so that the open side is facing downward between three to five centimetres above a flat surface, such as a table.



### STEP 3

In order to release the syringe, pull apart the sides in the middle of the blister packaging to widen the blister cavity. This should cause the syringe to fall out of the blister.



### STEP 4

**Wash your hands.**



### STEP 5

**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 6

**Cleanse the site.**

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



### STEP 7

**Pick up the syringe by the body and prepare to inject the FRAGMIN dose.**

**DO NOT touch the needle guard activation clips at any time during use. This may trigger the needle's safety mechanism causing the needle to retract (pull back) before your injection is given. This will make the syringe unusable.**



### STEP 8

**Remove the needle shield.**

Please note that a firm pull is needed to remove the needle shield. To ensure delivery of the full dose, **do not remove any small air bubbles from the prefilled syringe before injection.**



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## STEP 9

### Pinch a fold of skin.

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



## STEP 10

### 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 11

### Remove the needle and activate the needle guard.

When you have injected all the contents of the syringe, remove the needle **while maintaining the skin fold and holding the plunger down, then release the skin.**

Let go of the plunger and allow the syringe to move up inside the device until the entire needle is guarded. **The needle guard will not be activated until the entire dose has been administered.**



## STEP 12

### After FRAGMIN has been administered.

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 an approved container. Ensure it is kept out of reach of children.



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 doctor or nurse carefully. Give yourself the injections prescribed for the entire time period specified by your doctor.**

The rubber needle shield may contain latex. Talk to your doctor or pharmacist if you have had or currently have a hypersensitivity to latex (natural rubber).

**Do not take any drugs other than those prescribed by your doctor 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 doctor** 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 prefilled syringes at room temperature (15-30°C).

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

**Visit [Fragmin.ca](http://Fragmin.ca) to find other helpful Fragmin resources**

**Use this number to enter the website: 02430789**



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