



**Northumbria Healthcare**  
NHS Foundation Trust

# **Enoxaparin (Inhixa): a guide to self-administering your injection**

Issued by Northumbria Healthcare NHS Foundation Trust

## What is Enoxaparin?

Enoxaparin is a treatment to help prevent blood from becoming sticky and causing clots. It is often used after surgery or if you are at risk of developing a blood clot.

## What are the benefits of self-administering Enoxaparin?

Being able to manage your own treatment allows you to take control and maintain independence throughout your course of treatment. Administering your own injection means you do not have to wait for a nurse to visit you, so you can get on with your day as you wish.

## When do I need to give myself an injection?

You need to have your injection at around the same time every day, within a two-hour timeframe. So if you start your injections at 10am on the first day, you can have your injection between the hours of 9am and 11am on the following days.

If you are started on Enoxaparin at home your GP and community nursing team will help you to decide what time is best for you to have your injection.

## What happens if I am late or miss a dose?

If you forget to have your injection within the two-hour timeframe you should administer your injection as soon as you remember on the same day.

If you forget for a whole day, do NOT take two doses together. Continue with your next dose as normal and contact your GP to inform them of your missed dose and for advice on how to proceed.

## Where do I put my used needles?

You will be provided with a yellow 'sharps' bin by the team who prescribed your injections. Place your used needles in this yellow bin, but do not close the lid fully until you have finished your treatment course.

Once your treatment is completed please take your closed bin to your own GP surgery for disposal. If you are housebound a trusted relative or friend can deliver the sharps bin for you.

## How do I inject the Enoxaparin?

Enoxaparin should be injected into the fatty layer beneath your skin, but not as far as your muscle. Your discharging nurse, community or discharge nursing team will watch you do this the first time and help you with your technique. There is a step-by-step guide on the following page.

## Are there any side effects?

You may develop some bruising and / or small lumps at the injection site. To prevent this, you can alternate the side where you have your injection from day to day.

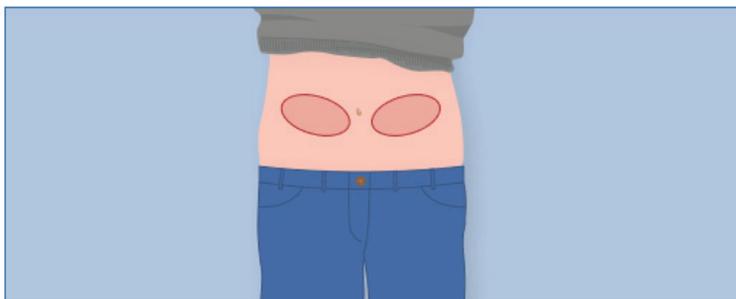
If you experience nose bleeds or excessive bruising please contact your GP or community nursing team for advice. Please ask your GP if you need more information about Enoxaparin and why it has been prescribed for you.

## Step-by-step guide to administering your injection

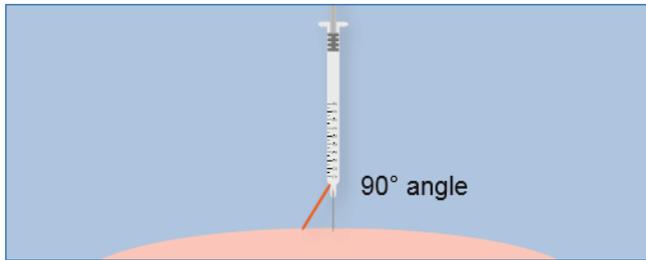
- Check your medication to make sure it is correct – it should state your name and dose clearly.



- Wash your hands and check that the skin where you are going to give your injection is clean and 'pinch an inch' in the area you wish to have your injection. You can give it in the areas noted below, making sure you are at least 5cms (2 inches) away from your belly button or any scars. You may experience some tenderness or bruising from the injection so it is a good idea to choose alternate sides each time.



- Remove the grey needle cap and insert the needle fully into the pinched area at a 90 degree angle in one smooth motion.



- Slowly press the plunger down until it can't go any further. Keep the plunger pressed down while pulling the needle out of the skin. When the needle is out, let go of the pinched skin. Do not rub the skin as this helps to avoid bruising.

The plunger can now be pressed down further. This will activate the protective needle cover.

- Please place the sheath the needle came in into a general waste bin and not into the sharps bin.
- Put the used syringe into the sharps bin. Once you have finished your treatment, or when your sharps bin is full, please take the bin to your GP surgery. Do not place it into a general waste bin.



Follow the link below to watch a video on how to inject enoxaparin (Inhixa) <https://www.techdow-pharma.co.uk/videoplay.html>

## Who to contact

If you have any questions about your treatment or to request a repeat prescription, please contact your GP.

If you have questions about administering your injection you can also speak to your local community nursing team, or call Northumbria Healthcare Anti-Coagulation team on 0344 811 8111.

## How to contact your Community Nursing Team

In Northumberland, you can contact your community nursing team via your GP surgery. In North Tyneside you can contact your community nursing team via the Single Point of Access on: 0191 238 0044.

If you need the services of a community nurse outside normal working hours please call 01670 536 400 for Northumberland and 01670 828 674 for North Tyneside.



## Alternative Formats

If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on 03 44 811 8118.

## Other sources of information

### NHS 111

### NHS Choices

[www.nhs.uk/pages/homepage.aspx](http://www.nhs.uk/pages/homepage.aspx)

### NICE (National Institute for Health and Clinical Excellence)

[www.nice.org.uk](http://www.nice.org.uk)

### Patient Advice and Liaison Service (PALS)

Freephone: 0800 032 0202

Text: 07815 500015

Email: [northoftynepals@nhct.nhs.uk](mailto:northoftynepals@nhct.nhs.uk)

### Northumbria Healthcare NHS Foundation Trust

General Enquiries 03 44 811 8111

[www.northumbria.nhs.uk](http://www.northumbria.nhs.uk)



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