



Northumbria Healthcare
NHS Foundation Trust

Reducing the risk of thrombosis after COVID-19 pneumonia with Enoxaparin (Inhixa)

Intended for patients diagnosed with
COVID-19 pneumonia discharged within
7 days of admission

Issued by the haematology department

Coronavirus and blood clots

There is some emerging evidence that people who have been unwell in hospital with COVID-19 infection are more at risk of developing blood clots (thrombosis) during their hospital stay and in the first few weeks after discharge. This could take the form of a deep vein thrombosis (a blood clot affecting the leg), or a pulmonary embolism (a blood clot in the lung).

Experts are recommending that people at risk of blood clots are given a protective treatment when they are discharged from hospital to reduce their risk of thrombosis.

Your doctor has assessed you and feels that you would benefit from this protective treatment.

Treatment to reduce the risk of blood clots

You have been prescribed Enoxaparin, which is a type of anticoagulant, one injection a day for 7 days. This is an unlicensed indication for this treatment, because there has not been time to do trials in patients affected by COVID-19, however Enoxaparin is commonly used in patients who have had surgery to reduce their risk of thrombosis after discharge from hospital.

Things to look out for

Anticoagulants are drugs which slow down the body's blood clotting system and reduce the risk of blood clots forming in the wrong places. We would not normally expect to see bleeding on this dose of Enoxaparin, but some people may find they get small bruises. If you experience unusual bleeding, such as nose bleeds that take more than 30 mins to stop, or bruises more than 5cm across, please seek medical advice.

Even though you are taking a blood thinner, there is still a small chance you could develop a blood clot. It is important to remain vigilant for any symptoms such as one leg becoming more swollen than the other, new chest pain or worsening difficulty breathing. Seek medical advice if you are concerned.

How to take Enoxaparin

Always take this medicine as your doctor, nurse or pharmacist has told you. Check with one of them if you are not sure that you understand how to do the injection or if you are unsure about anything else to do with the medication.

Try to take the injection at the same time every day to help you to remember it.

Please note, this information should be read alongside information supplied by the medication manufacturer.

If you take more Enoxaparin than you should

Seek medical advice immediately if you think you may have given yourself too many injections of Enoxaparin. Taking too much Enoxaparin increases the risk of bleeding.

If you forget to take Enoxaparin

If you have missed a dose, take it as soon as you remember but not if more than 6 hours has passed. Take the next injection on the following day and then carry on with an injection once a day as normal.

Do not take two injections to make up for a forgotten dose.

Other measures to help prevent blood clots

It is important during and after your recovery to drink plenty of fluids and to be as mobile as possible. You should take regular walks, even if this is just around your home, while observing the government's social distancing. If you aren't able to move around on your own at home, we can help you with some exercises that you can do in your chair.

If you have any further queries please contact our anticoagulation services on 0191 2932755.

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

NICE (National Institute for Health and Clinical Excellence)

www.nice.org.uk

Patient Advice and Liaison Service (PALS)

Freephone: 0800 032 0202

Text: 07815 500015

Email: northoftynepals@nhct.nhs.uk

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General Enquiries 03 44 811 8111

www.northumbria.nhs.uk



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