



Northumbria Healthcare
NHS Foundation Trust

Information about using Tinzaparin in adults

Issued by Northumbria Healthcare NHS Foundation Trust

Affix patient label or

NHS Number: _____

Trust Number: _____

Surname: _____

Forename: _____

Date of Birth: _____

Address: _____

Why do I need this medicine?

National guidelines recommend that you need medicine to reduce your risk of developing blood clots or to treat a blood clot if you have developed one. In this trust we use a medicine called Tinzaparin.

What dose do I need?

The dose you have been prescribed is
units given by injection once each day between 3pm and 6pm.

How long do I need it for?

You will need it for days.

Your course started on/...../.....

And this due to finish/...../.....

Administration and supply: (circle as appropriate):

Administration:

Patient or relative taught / District Nurse contacted & referral sent

Date /time last dose :/...../..... at/.....

Supply:

Full course supplied / see GP for more supplies

Sharps box supplied: Yes / No

What is Tinzaparin?

Tinzaparin is an anticoagulant injection to help prevent blood from becoming sticky and causing clots. It is often used if you have developed a blood clot or are at increased risk of developing a blood clot e.g. after surgery.

As with any medication, we advise you to read the manufacturer's leaflet for the full information. If you have any questions, you can ask the hospital pharmacist while you are in hospital or your local pharmacist if you are at home.

Are there any side effects?

Tinzaparin may increase the risk of bleeding and bruising. We would not normally expect to see bleeding at this dose but some people may find they get small bruises. If you experience unusual bleeding, such as nose bleeds that take more than 30 minutes to stop or bruises more than 5cm across, please seek medical advice.

Other signs and symptoms of bleeding include: coughing up phlegm(mucous) with blood in it, blood in your stool and red or brown urine.

Please seek medical advice if you have blood spots near the injection site which could develop into a purple blister surrounded by red inflamed skin or excessive bleeding from your surgical wound if you have had surgery.

Even though you are on an anticoagulant, there is a small chance you could develop a blood clot. Very rarely, patients can develop an allergic response called Heparin Induced Thrombocytopenia (HIT) which increases the risk of blood clotting.

Seek **urgent** medical advice if you develop:

- Breathlessness
- Leg pain and swelling that is different from your wound pain
- Face or throat swelling
- Rash at the injection site or anywhere on your skin
- New chest pain or worsening breathing difficulty

How is Tinzaparin given?

Tinzaparin is injected into the fatty layer beneath your skin but not as far as your muscle. You should alternate injection sites each day to prevent excessive bruising or lumps developing at the injection site. Follow the step-by-step guide later in this leaflet.

Most patients self-administer. Your discharging nurse will watch you do this the first time and help you with your technique.

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

However, if you are unable to self-administer, the discharging nurse will contact the community nurse to make arrangements for them to visit you at home following discharge.

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 time frame.

What happens if I forget to take Tinzaparin?

If you have missed a dose, take it as soon as you remember but not if more than 6 hours has passed. Take the 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.

If you are taking Tinzaparin to treat a clot and you have missed a dose, please inform your GP as soon as possible.

What happens if I take more Tinzaparin than I should?

Contact your doctor immediately if you think you may have given yourself too many injections of Tinzaparin. Taking too much Tinzaparin increases the risk of bleeding.

What will I need to continue with the medication at home?

When you leave the hospital, you will either be given the initial or full supply depending on the course length. The nurse discharging you will ensure that there is a plan for you to be able to obtain the rest of your supply if necessary.

This medicine may make you bleed more easily, so when you are being given other injections/ medications or having any procedures carried out, tell the doctor, nurse or dentist that you are using tinzaparin.

Where do I put my needles?

You will also be given a yellow sharps bin by the team who prescribed your injections. Place your used syringes in it 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 GP surgery or your local pharmacy for safe disposal. If you are housebound, a trusted relative or friend can deliver the sharps bin for you.

Please note, not all pharmacies can take yellow sharps bins - please check with your local pharmacy.

Step by step guide to administering your Tinzaparin injection

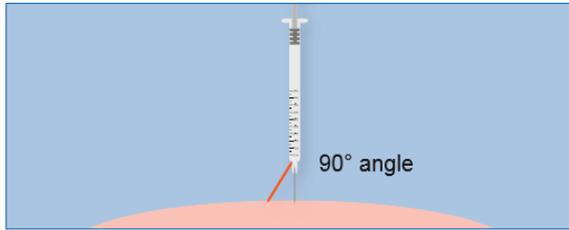
- Check your medication to make sure it is correct - it should state your name and dose clearly.
- Wash your hands and check that the skin where you are going to give your injection is clean and “pinch an inch” in the area you wish to have your injection. You can give it in the areas noted below, making sure you are at least 5cm (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. You should also avoid injecting yourself into the exact site of a previous injection.



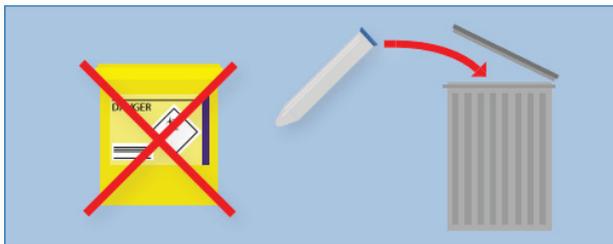
- Carefully take the syringe out of its plastic container by bending the cap all the way back and sliding the syringe out.
- Bend the orange safety device down away from the cap on the needle.
- Remove the grey safety cap.

Important: if you are taking Tinzaparin to treat a clot and the dose you have been told to have is less than the amount in the syringe, you will need to get rid of the extra before your injection. To do this, hold the syringe vertically with the needle pointing upwards and gently remove the excess by pressing the plunger into the syringe.

- Insert the needle into the pinched area at a 90-degree angle in one smooth motion.



- Slowly over 10-15 seconds press the plunger down until the stopper inside the tube reaches the bottom. Leave for a few seconds before removing the needle. Do not rub or massage the place where you injected yourself.
- Using a hard surface, bend the orange safety device back so that it is pointing in the same direction as the needle. Then with the safety device flat against a hard surface such as a table, gently push downwards until the needle clicks into the device.
- Please place the sheath the needle came in into the general waste bin and not into the sharps bin.



- Place the used syringe into the yellow sharps bin.



- Once you have finished your treatment or when the sharps bin is full, please close the lid and take the bin to your GP surgery or to your local chemist. DO NOT place it into a general waste bin.



Who to contact?

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

If you have any questions about administering your injections, you can also speak to your local community nursing team or contact Northumbria Healthcare anticoagulation 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 as follows:

- Northumberland **01670 536 400**
- North Tyneside **01670 828 674**

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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