

# Helping you to use Clexane

(Enoxaparin sodium)

Clexane is an injectable treatment that helps to reduce your risk of blood clots.

This booklet provides a **step by step guide** to help you inject Clexane



Not a real patient.

For additional resources go to **[www.vtematters.co.nz](http://www.vtematters.co.nz)**

## WHAT IS CLEXANE USED FOR?

Blood clots can cause serious problems.

You have been prescribed Clexane to help reduce your risk of developing a blood clot or to treat an existing blood clot.

Clexane is prescribed for a number of different medical conditions and following surgery.

### **Clexane is most commonly used to:**

- Prevent blood clots after surgery
- Treat blood clots once they have formed

### **Other uses include:**

- Preventing blood clots forming after extended bed rest
- Treating certain types of heart disease (e.g. angina and heart attacks), when used with aspirin
- Preventing blood clots forming during dialysis in people with kidney failure

Your doctor will tell you why you have been prescribed Clexane.

Ask your doctor if you have any questions about why Clexane has been prescribed for you.



## HOW TO USE CLEXANE



Injecting your Clexane as prescribed will reduce your risk of developing a blood clot.

**Use Clexane at the same time each day**, as directed by your doctor.



For people using Clexane at home, it is given as an injection in the fat layer under the skin.

You can administer Clexane yourself, or you can ask a family member or **support person** to do it for you.



Injecting Clexane can take time to get used to. Take things slowly and step by step to help build your confidence. **Refer to the step by step injection guide on page 3.**

**You can also watch the Clexane video online at [www.vtematters.co.nz/resources](http://www.vtematters.co.nz/resources)**

## STEP BY STEP INJECTION GUIDE

Before injecting it is a good idea to make sure your environment is calm, relaxing and free of distractions. You may like to find a quiet room away from children and pets. You can relax further by listening to classical music or taking slow deep breaths. You may find it helpful to have a support person sit with you during the injection.

Follow the tips below to help make your injection as comfortable as possible.

The tips below are a guide only. Talk to your doctor, nurse or pharmacist if you have any questions.



1. Once you feel comfortable, take some time to read the instructions and have a look at the syringe. Doing this can help you feel more confident using it.



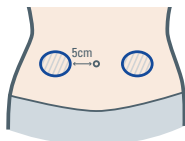
2. Check the label or carton to ensure the syringe has not expired. Make sure that the syringe is not damaged and that the medicine is a clear solution without particles. Do not use the syringe if it is damaged or the medicine is not clear. Use another syringe.



3. Wash your hands well with soap and water for at least 20 seconds. Dry your hands with a clean towel.



4. To prepare for self-injection, sit or lie down in a comfortable position in an armchair or on your bed. You may like to use pillows to prop yourself up so that you can see the injection site.

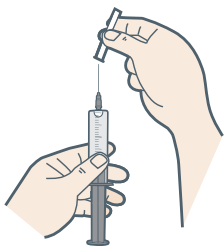


○ = injection site

5. The site for self-injecting is your stomach, at least 5 cms to the left or right side of your belly button. Remember to inject on a different side (left or right side) each time you use Clexane. Avoid areas of skin that are scarred or bruised.



6. Cleanse (do not rub) the injection site with an alcohol swab. Allow the area to dry before self-injecting.
7. Take the syringe out of the packaging.

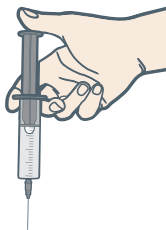


8. Remove the needle cap with the needle facing away from you. Take care not to touch the needle. You may notice an air bubble in the syringe. This is supposed to be there. Do not try to remove it.

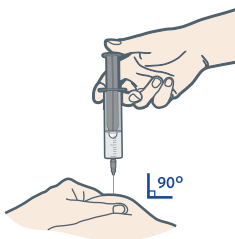
If you have not been asked to adjust the dose please skip to step 9.

### ADJUSTING THE DOSE

Your doctor may have told you to adjust the dose (amount) of Clexane in the syringe. To do this, hold the syringe with the needle facing downwards over an appropriate container. Press the plunger down until the bottom of the air bubble is level with the right dose. You are now ready to self-inject.



9. Hold the syringe in the hand that you write with. With your other hand, gently pinch the selected area on your stomach between your thumb and index finger to create a fold of skin. Continue to hold the skin fold throughout the injection.



10. At a 90 degree angle, slowly push the needle all the way into the fold of skin. Keep taking slow deep breaths to help keep you relaxed and calm.

11. Inject your Clexane by pushing the plunger all the way down. Keep pinching the skin fold.

12. When the syringe is empty, keeping your finger on the plunger, pull it out of the skin fold. Do not rub the skin as this may cause bruising.



### 13. Activate Safety Lock

Face the needle away from you and others. Activate the safety lock by **firmly** pushing down on the plunger with your thumb. The protective sleeve will deploy covering the needle and you will hear an audible “click”.



14. Dispose of your syringe in a sharps container. Do not put your used syringes in your household rubbish.

## SIDE EFFECTS

All medications have risks and benefits. Your doctor has weighed the risks of you using Clexane against the benefits they expect it will have for you.

Tell your doctor or pharmacist as soon as possible if you do not feel well while you are using Clexane. Contact your doctor or pharmacist if you notice any of the following symptoms:

- Pain, bruising or irritation at the injection site after Clexane has been given
- Bleeding at the injection site
- Itchy skin
- Hard and inflamed nodules or lumps at the injection site

## NOTES

Questions to ask my doctor or nurse:

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Things to remember about my treatment with Clexane:

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Dr Name:

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Nurse Name:

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Contact Numbers:

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## USEFUL MEDICAL TERMS

Here is a list of some terms that your doctor or nurse may use when talking to you about Clexane:

- **Antithrombotic or Anticoagulant**  
A substance or medicine that can prevent or treat a blood clot.
- **Clexane**  
A type of medicine also known as a 'Low Molecular Weight Heparin' (or LMWH for short). Clexane is given by injection to help prevent or treat a blood clot.
- **Deep Vein Thrombosis (DVT)**  
A blood clot that forms in a deep vein usually in the leg.
- **Embolism**  
A blood clot that travels through the blood stream, gets stuck and blocks an artery.
- **Heparin/LMWH**  
An anticoagulant given to help prevent or treat a blood clot.
- **Pulmonary Embolism (PE)**  
A blockage of a blood vessel in the lung by a clot.
- **Superficial thrombosis**  
A blood clot that forms in a vein near the skin.
- **Thrombus**  
A blood clot that forms in a vein.
- **Ultrasound machine**  
A medical device that uses sound waves to detect a blood clot.
- **Venography**  
An x-ray technique that shows veins in the legs and can detect a blood clot.

**MEDICINE CLASSIFICATION:** PRESCRIPTION MEDICINE.  
CLEXANE IS FULLY REIMBURSED FOR PATIENTS THAT  
MEET SPECIAL CRITERIA OUTLINED IN THE COMMUNITY  
PHARMACEUTICAL SCHEDULE, SA2152. FOR ALL OTHER  
PATIENTS CLEXANE IS AN UNFUNDED PRESCRIPTION. MEDICINE  
AND PHARMACY CHARGES AND DOCTORS FEES APPLY.

## CONSUMER INFORMATION

### **CLEXANE® and CLEXANE® FORTE (enoxaparin sodium)**

Clexane is a Prescription Medicine for the treatment of blood clots and certain types of heart disease (angina & heart attacks) when used with aspirin. It is also used to prevent blood clots forming after an operation, during hospitalisation or during haemodialysis.

Do not use if allergic to Clexane, heparin, other LMWHs or any of its ingredients. Do not use Clexane if you have a major blood disorder, stomach or bowel problems such as ulcers, bacterial infections in your heart, or certain types of stroke.

**Precautions:** Pregnancy and breastfeeding, kidney or liver disease (discuss with your doctor).

Tell your doctor if you are planning on having a spinal or epidural injection.

Clexane is given by an injection under the skin or into the tubing of the dialysis machine. Do not rub the injection site after administration.

Tell your doctor if you are taking any other medicines, including those you can get from a pharmacy, supermarket or health food shop. Interactions with other medicine may interfere with Clexane.

**Side Effects:** Tell your doctor immediately if you notice bleeding, pain, bruising or irritation at the injection site, itchy red rash or hard lumps at the injection site, difficulty in breathing, abdominal or chest pain, headache. Whilst rare, if you have pain in the middle of your back, numbness in your legs, or a fine widespread rash you may need urgent medical attention or hospitalisation.

Contains enoxaparin sodium.

Clexane has risks and benefits. Ask your doctor if CLEXANE is right for you. Use strictly as directed and if symptoms continue or you have side effects see your doctor, pharmacist or healthcare professional.

For further information please refer to the CLEXANE Consumer Medicine Information on the Medsafe website: (<https://medsafe.govt.nz/consumers/cmi/c/clexane.pdf>). Date of Preparation October 2024.

Sanofi Australia and New Zealand, Sydney, Australia Freephone 0800 283 684. NZ Distributor: Pharmacy Retailing (NZ) Ltd t/a Healthcare Logistics, Auckland.

## REFERENCES

1. Clexane® and Clexane® Forte Approved Data Sheet June 2022.
2. Clexane and Clexane Forte Instructions for Use, Sanofi, 2014.
3. Clexane Consumer Medicines Information;  
[www.medsafe.govt.nz](http://www.medsafe.govt.nz), October 2024.

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