

Step-by-step instructions for injecting¹ Clexane[®] Safety Lock or Clexane[®] (without safety lock)

Clexane Safety Lock



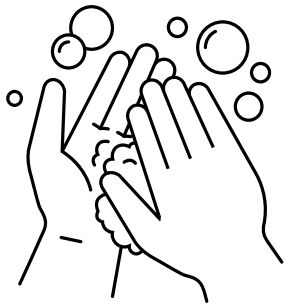
Clexane (without safety lock)



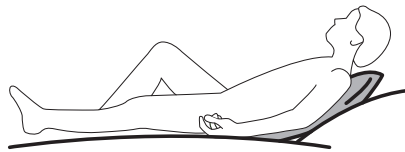
Check which syringe you have been provided and follow the correct injection procedure for that syringe.

Before injecting **Clexane Safety Lock** or **Clexane (without safety lock)**

Wash your hands and the injection site with soap and water then dry your hands.

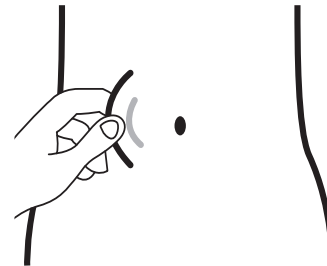


Sit or lie in a comfortable position so you can easily see the area of your abdomen where you will be injecting. A lounge chair, recliner or bed propped up with pillows is ideal.



Select an area on the right or left side of your abdomen at least 5 cm from your belly button, towards your side.

Remember to alternate injection sides (left and right side of abdomen) for each injection.

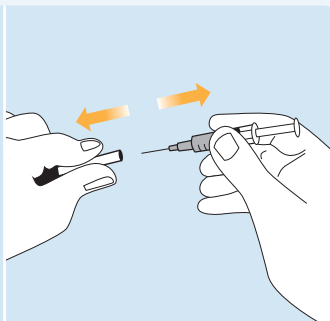


After preparing for the injection, follow the steps for injecting **Clexane Safety Lock or **Clexane (without safety lock)**.**

Injecting Clexane Safety Lock

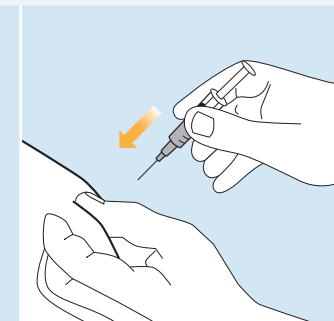
1. Prepare syringe

Take the protective cap off the needle. If a drop appears at the tip of the needle, remove the drop by tapping on the syringe with the needle pointing down. Do not squirt out the air bubble. **If you require a dose adjustment, see dose adjustments below.[†]**



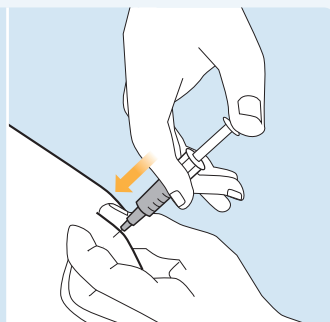
2. Pinch skin fold

Lie down or sit in a comfortable position and gently pinch a skin fold at the injection site between your thumb and index finger.



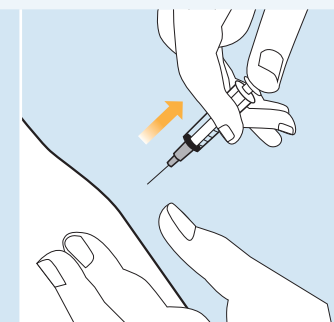
3. Inject

Insert the needle into the skin fold at a 90° angle and press the plunger until all the medicine is injected. **Do not let go of the skin fold while you are injecting.**



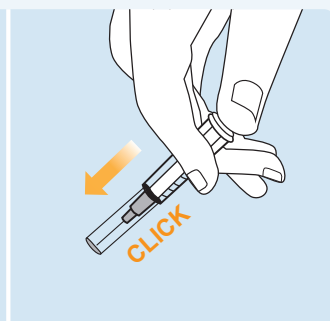
4. Remove syringe

After injection, remove the needle by pulling it straight out, **keeping your thumb on the plunger**. To avoid bruising, do not rub the injection site after removing the needle.



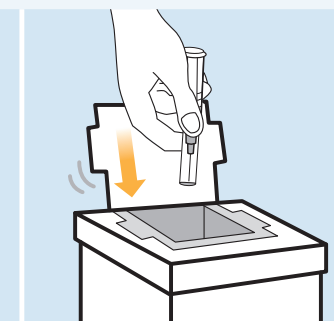
5. Activate safety lock

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



6. Disposal

Drop the used syringe into the sharps container. Close the lid tightly and place the container out of reach of children. When the container is full, give it to your doctor or nurse for disposal. Return any unused medicine to your pharmacist. **DO NOT dispose in your household rubbish.**

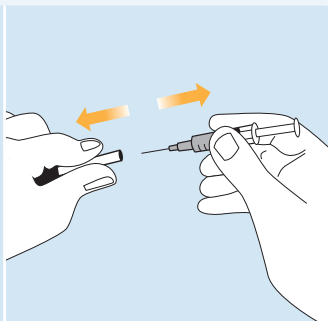


[†]DOSE ADJUSTMENTS: If your doctor has instructed you to adjust your dose of Clexane Safety Lock, you will need to squirt out any excess medicine into an appropriate container before injection. Hold the syringe pointing down and press the plunger so that the bottom of the air bubble is level with the marking on the syringe that corresponds to the dose given to you by your doctor. If the excess medicine is not squirted out before injection, the safety lock will not be activated at the end of injection.

Injecting Clexane (without safety lock)

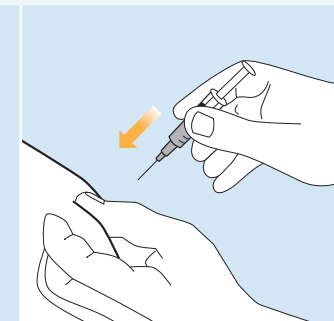
1. Prepare syringe

Take the protective cap off the needle. If a drop appears at the tip of the needle, remove the drop by tapping on the syringe with the needle pointing down. Do not squirt out the air bubble. **If you require a dose adjustment, see dose adjustments below.[†]**



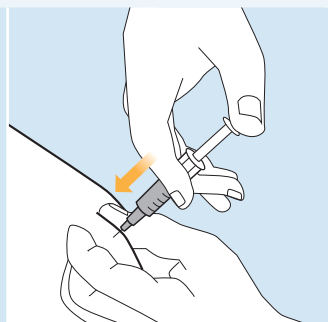
2. Pinch skin fold

Lie down or sit in a comfortable position and gently pinch a skin fold at the injection site between your thumb and index finger.



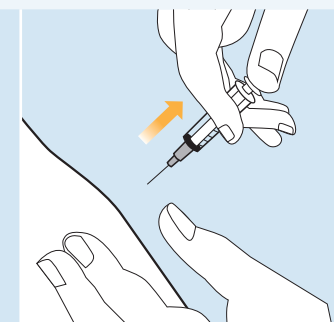
3. Inject

Insert the needle into the skin fold at a 90° angle and press the plunger until all the medicine is injected. **Do not let go of the skin fold while you are injecting.**



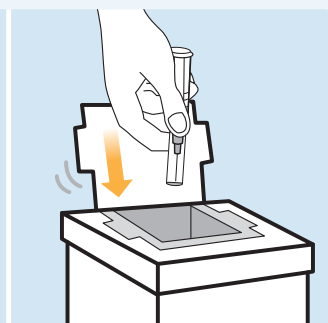
4. Remove syringe

Remove the needle by pulling it straight out. You can now let go of the skin fold. To avoid bruising, do not rub the injection site after removing the needle.



5. Disposal

Drop the used syringe into the sharps container. Close the lid tightly and place the container out of reach of children. When the container is full, give it to your doctor or nurse for disposal. Return any unused medicine to your pharmacist. **DO NOT dispose in your household rubbish.**



[†]DOSE ADJUSTMENTS: In some cases, your doctor will instruct you to adjust the dose of Clexane (without safety lock). The volume to be injected should be measured precisely using the markings on the syringe, according to the dosage recommended by your doctor. When adjusting to the correct dose, hold the syringe with the needle tip pointing down. Depress the plunger so the bottom of the air bubble is level with the marking on the syringe, corresponding to the dose given to you by your doctor.

You have been prescribed **Clexane Safety Lock** or **Clexane (without safety lock)**. Check which syringe you have been provided and follow the correct injection procedure for that syringe. If you have any questions regarding your medication or how to inject yourself, please ask your doctor.

Tips for injecting **Clexane Safety Lock** or **Clexane (without safety lock)**

DO

- ✓ Take at the same time each day for exactly the number of days your doctor tells you
- ✓ Alternate injection sites (left and right side of abdomen) for each injection
- ✓ Contact your doctor immediately if you miss a dose, take too much, or experience any side effects
- ✓ Always talk to your doctor if you have any questions or concerns about your treatment or the injection instructions
- ✓ Remove the needle from the injection site before activating the safety lock (*Clexane Safety Lock only*)
- ✓ Use your thumb and exert firm pressure when deploying the safety lock (*Clexane Safety Lock only*)

DON'T

- ✗ Activate the safety lock until the syringe has been removed from your skin (*Clexane Safety Lock only*)
- ✗ Inject into bruised or scarred areas
- ✗ Pinch the skin fold too hard
- ✗ Rub the injection site after injection, as this may cause bruising



For further information about **Clexane Safety Lock** or **Clexane (without safety lock)**, please review the Consumer Medicine Information available at www.medsafe.govt.nz/consumers or visit

vtematters.co.nz/resources

For Sanofi Medical Information, call 0800 283 684 option 2

Please contact your healthcare professional if you have questions about Clexane or your condition.

MEDICINE CLASSIFICATION: PRESCRIPTION MEDICINE. CLEXANE IS FULLY REIMBURSED FOR PATIENTS THAT MEET SPECIAL CRITERIA OUTLINED IN THE COMMUNITY PHARMACEUTICAL SCHEDULE, SA1646. FOR ALL OTHER PATIENTS CLEXANE IS AN UNFUNDED PRESCRIPTION MEDICINE AND PHARMACY CHARGES AND DOCTORS FEES APPLY.

Reference: 1. Clexane and Clexane Forte Instructions for Use, Sanofi, 2014.

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, 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, fine widespread rash you may need urgent medical attention or hospitalisation. Contains enoxaparin sodium 100mg/mL, 150mg/mL. 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://www.medsafe.govt.nz/consumers/cmi/c/clexane.pdf>). Date of Preparation May 2018. Sanofi New Zealand, Level 8, 56 Cawley Street, Ellerslie, Auckland NZ Tel: (+64) 09 580 1810 Freephone 0800 283 684. TAPS PP5333. Date of Preparation: January 2020. SAANZ.ENO.19.10.0462(1)

