Anticoagulant treatment with Dalteparin injection

Information for you
Why am I receiving Dalteparin?
Blood does not usually clot (coagulate) in the blood vessels, but this can happen following illness, immobility, or an operation. Anticoagulants like Dalteparin are used to prevent such clots, by slowing down the clotting process.

How much Dalteparin do I need to use?
We calculate the dose of Dalteparin for you depending on your weight. We will give you pre-filled syringes containing the required dose of Dalteparin for you.

You should use the total contents of the syringe.
Do not change the dose unless instructed to do so by your doctor or pharmacist.

How do I use Dalteparin?
Dalteparin is provided in pre-filled syringes.
Do not use the pre-filled syringe if it is discoloured or has particles in it.
Before using the syringe, check it to ensure there are no leaks.
Remove the syringe from the protective wrapping. Pick up the syringe, hold the orange tip of the plastic needle catcher and bend it away from the shield. Remove the grey rubber cover by pulling it straight off.

The syringe comes with an air bubble. **Do not remove this.** It is put there deliberately to minimise the risk of bruising at the injection site.

**Where do I inject Dalteparin?**

You should inject Dalteparin under the skin into either the fat of the stomach (in a U shape around the bellybutton) or into the upper, outer area of the thigh.

You should lie or sit down and inject the total length of the needle vertically, not at an angle, into the thick part of a skin fold. Squeeze the skin between thumb and forefinger. You should hold the skin fold throughout the injection and make sure you inject the entire contents of the syringe and air bubble under the skin (subcutaneously). Your stomach is usually best as the injection site and it is important that you change the site each time.
After injecting the contents of the syringe, place the plastic orange catcher against a hard stable surface and turn the syringe barrel upwards against the needle, forcing the needle into the catcher, where it should lock into place. Continue bending the needle until you hear a click. This makes the needle permanently unusable.

It is very important that you lock the needle into the catch before putting the disengaged syringe into the sharps bin.

Do not try to put the cap back onto the needle.
Do I need to clean my skin before I inject Dalteparin?

You should clean the injection site with soap and water.

When should I inject Dalteparin?

Dalteparin is a once daily injection. It does not matter what time of the day you use your injection - the important thing is to use it at the same time of day each day.

How do I dispose of used Dalteparin syringes?

We will give you a sharps disposal bin to put your used syringes in.

It is very important not to put the cap back on the needle - simply put the needle straight into the sharps bin.

You should return the sharps bin to the hospital that started your treatment when it is full, or you no longer require Dalteparin treatment.
How do I store my Dalteparin injection?

Store the injection at room temperature away from moisture and heat. It is important to keep all medicines out of reach of children.

What should I do if I forget to inject a dose of Dalteparin?

Inject the missed dose as soon as you remember, provided you do so within two hours. However, if you remember after this time, skip the dose you missed and inject your next planned dose.

Remember - it is more dangerous to take double than to miss a dose. You may find it helpful to mark off doses on a calendar as you use them.

What should I do if I overdose with Dalteparin?

You should seek medical advice.

How long do I need to use Dalteparin?

The length of treatment will vary depending on circumstances. We will tell you when you are discharged from the hospital how long you will need to use Dalteparin.
Who needs to know I use Dalteparin?

Your family doctor (GP) will know about your new medicine. But you should tell any other doctors you attend, your pharmacist, your dentist and your chiropodist/podiatrist, that you are on an anticoagulant.

Which medicines should I avoid buying?

Always buy other medicines such as painkillers and antihistamines from a pharmacy, and tell the pharmacist you are taking Dalteparin.

Avoid medicines containing aspirin, unless your doctor has prescribed them. If you are taking anti-inflammatory painkillers for example, ibuprofen, naproxen or diclofenac, you should check with your doctor first before continuing these whilst on Dalteparin. Paracetamol is a suitable painkiller.

Other medicines may interfere with your treatment: for example, ascorbic acid (vitamin C). Ask your pharmacist if you are unsure.

Does my diet need to change?

It is better to stick to the same types of food you normally eat, but your diet should not affect your treatment with Dalteparin.
What side effects could I get?

Side effects are not common but they can occur.

Tell your doctor or pharmacist if the following symptom is severe or does not go away:

• Upset stomach

If you experience any of the following symptoms contact your doctor:

• Unusual bleeding
• Vomiting or spitting up blood or brown material that resembles coffee grounds
• Bloody or black, tarry stools
• Blood in urine
• Red or dark brown urine
• Easy bruising
• Excessive menstrual bleeding
• Fever
• Dizziness or light headedness

You should check your injection sites for signs of infection.
If you experience any of these effects near the injection site tell your doctor as soon as possible:

- Tenderness
- Warmth
- Irritation
- Leakage from injection site
- Redness
- Swelling
- Pain

What else do I need to know?

Make sure you have plenty of Dalteparin so that you do not run out.

It is a good idea to keep at least a week’s supply.

You will be given a supply of Dalteparin pre-filled syringes and you will be told if you need to obtain a further supply from your family doctor (GP) to complete the treatment course.

You should see your family doctor (GP) as soon as possible for a further supply of syringes if you need further treatment.
This medicine is only for you - do not give it to other people even if they have the same symptoms as it may harm them.

Your notes

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