

Remember to look at you previous injection site for: redness, pain, warmth, puffiness, discoloration of the skin, or oozing, which could be signs of an infection or a skin reaction. **If you notice any of the signs listed, or anything unusual, contact your doctor immediately.**

When should I give myself LMWH?

Be sure to follow your doctor's instruction carefully.

- Give only the number of LMWH injections prescribed for you each day
- Take LMWH at the same time each day
- For instructions on what to do if you miss a dose, call your doctor immediately
- Continue giving yourself the injections for exactly the number of days prescribed by your doctor

What should I do if I think I took too much LMWH?

Accidental overdose may result in severe bleeding, which cannot be treated at home. If you suspect that you have used too much LMWH, it is important that you call your doctor immediately even if you do not observe any unusual symptoms. Your doctor can then make a decision on proper treatment.

How Can I Help?

There are many ways you can help the APS Foundation of America, Inc. We welcome volunteers in the areas of fundraising, advocacy, support group experiences, monetary donations, or the purchase of APS gear through our website at

www.apsfa.org, or through our CaféPress store at www.cafepress.com/apsfoundation. The APS Foundation of America, Inc. is a non-profit organization. Your donations are needed greatly to help us provide awareness, support, and education of this disease. We need your enthusiasm and monetary support to help our individuals, families, friends, and care givers battle the long-term consequences caused by APS. Thank you in advance for your support and time. Please contact us at apsfa@apsfa.org or at 608-782-2626 for more information.

Please send donations to:

APS Foundation of America, Inc.
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We also accept Paypal donations via our website. The email that it is registered under is donate@apsfa.org

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Low Molecular Weight Heparin (LMWH)

How do I self-inject Low Molecular Weight Heparin (LMWH)?

You should receive instruction on the proper use of LMWH and proper technique for self-injection before giving yourself an injection for the first time. These instructions should come from your doctor. If you have any questions regarding your medication or how to properly inject yourself, please contact your doctor.

1. Wash your hands well with soap and water. Dry your hands.
2. Sit or lie in a comfortable position so you can easily see the area of your stomach where you will be injecting. A lounge chair, recliner, or bed (propped up with pillows) is ideal.
3. Select an area on the right or left side of your stomach, at least 2 inches from your belly button and out toward your sides. **Remember:** Do not inject yourself within about 2 inches of your belly button or near scars or bruises. Alternate the site of injection between the left and right sides of the stomach.
4. Clean the area you have selected for your injection with an alcohol swab. Allow the area to dry.
5. While the area is drying, carefully pull off the needle cap from the LMWH syringe and discard cap. To keep the needle sterile once you have removed the cap, do not set the needle down or touch the needle.
6. Hold the syringe in the hand you write with (like a pencil) and with your other hand gently pinch the cleaned area of your stomach between your thumb and forefinger to make a fold in the skin. By gently pinching the skin

between your fingers throughout the injection, the medication only enters the fatty tissue of your stomach and not muscle. **Be sure to hold the skin fold throughout the injection. LMWH should never be injected into muscle, as bleeding in the muscle may occur.**

7. Vertically insert the full length of the needle (at a 90° angle) into the skin fold.
8. Press down the plunger with your finger. This will deliver the medication into the fatty tissue of your stomach. Be sure to hold the skin fold throughout the injection.
9. 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 completion of the injection.**
10. Drop the used syringe – needle first – into a Sharps Collector. Close the lid tightly and place the container out of the reach of children.

Where should I store my LMWH syringes?

Most LMWH should be stored in a safe place at temperature below 77°F (25°C) but above freezing – 32°F (0°C). Do not freeze LMWH. Store at room temperature. Check your package for more specific details.

Remember: LMWH must not be given to anyone other than the person it was prescribed for. Always keep LMWH, your used syringes, and all other medications out of the reach of children.

After you have fully read this brochure if you have any questions about LMWH or how to inject yourself properly, please talk to your doctor.

Can I use LMWH with other medications?

While you are using LMWH, it is important not to take other medications, including over-the-counter medications, such as aspirin, which are not prescribed or approved by your doctor.

If you see another doctor while you are using LMWH, be sure to inform him or her that you are using LMWH.

Does LMWH have any side effects?

LMWH, like all medications, may have side effects. These side effects are most often related to an increased risk of bleeding.

It is important to notify your doctor if you notice any of the following:

- Bleeding or oozing for your surgical wound
- Any other bleeding episodes; for example, bleeding at the site of injection, nosebleeds, blood in your urine, or if you cough or vomit blood
- Spontaneous bruising (a bruise not caused by a blow or any apparent reason)
- Pain or swelling in any part of your leg, foot or hip
- Dizziness, numbness, or tingling
- Rapid or unusual heartbeat
- Chest pain or shortness of breath
- Vomiting, nausea or fever
- Confusion