

[illegible]

This image shows a full page of white paper with ten horizontal dashed lines, evenly spaced from top to bottom. These lines are typically used as guides for handwriting practice in elementary school classrooms. There are no margins, text, or other markings on the page.

Heartlands Hospital: 0121 424 2470
Good Hope Hospital: 0121 424 7792
Solihull Hospital: 0121 424 4507
Queen Elizabeth Hospital Birmingham:
0121 371 8741

UHB is a no smoking Trust

Before injecting yourself with enoxaparin (Inhixa®)

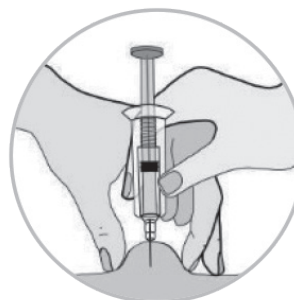
- Check the expiry date on the medicine. Do not use if the date has passed.
- Check the syringe is not damaged and the liquid inside is clear.
- If you notice damage or the liquid is not clear, use another syringe instead.
- Always read the leaflet that comes in the pack with your medicine.

Injecting yourself with enoxaparin (Inhixa®)

1. The syringe is for single use only.
2. Inject the side of your stomach in a place that is at least 5cm (2 inches) away from your belly button or any scars – change where you inject each time you use Inhixa.
3. Pull off the grey needle cap, being careful not to bend the needle. Make sure the needle doesn't touch anything so that it stays clean. You can throw away the needle cap.
4. Hold the syringe in one hand. Gently pinch your skin with your other hand to make a fold. Do not press the plunger yet.

5. Hold the syringe with the needle pointing downwards at 90°.

6. Push the needle into the skin fold. Keep hold of the skin fold while injecting. Do not press the plunger until the whole needle is in the skin.



7. Press down firmly on the plunger with your finger until it can't go any further.



8. Keep the plunger pressed down while pulling the needle out of the skin.
9. When the needle is out, you can let go of the skin fold but keep hold of the plunger.
10. Do not rub the skin as this helps to avoid bruising.

11. The plunger can now be pushed down further. This will activate the protective needle cover.



12. Put the used syringe into the sharps bin that you have been provided with.

13. Refer to local council information on where you can return the used sharps bin or return to anticoagulation clinic at your next appointment.

Some GP surgeries may agree to dispose of your sharp bin. Alternatively contact your local council to see where you can return your used sharp bin.

Never put needles or sharp bins in your household waste.

Your nurse, doctor or pharmacist will be able to help if you have any questions or are unsure about how to inject INHIXA®.

If you get any side effects, talk to your doctor, pharmacist or nurse, even if the side effects are not listed in the pack leaflet. This will allow quick identification of new safety information. This medicine is subject to additional monitoring.

You can help by reporting any side effects you may get.
See www.mhra.gov.uk/yellowcard for how to report side effects.