



Fragmin[®] (dalteparin)

A patient's guide



University Health Care
Thrombosis Service

What is dalteparin?

Dalteparin is a shot that is used to help prevent blood clots or to keep harmful clots from getting bigger if you do get one.

You may have a blood clot or be in danger of getting one. Blood clots can be harmful if they block blood vessels. You can get clots in your veins, arteries, heart valves, heart, or lungs.

Your doctor may order dalteparin if:

- You can't move around easily or very much
- You have a blood clot in the leg (deep vein thrombosis or DVT)
- You have a blood clot in the lungs (pulmonary embolism or PE)
- You have belly surgery

How should I use dalteparin?

Dalteparin is a shot given once or twice a day. You should follow your doctor's exact instructions for how long to continue using dalteparin.

How do I give myself a shot?

1. Wash your hands.

2. Sit or lay down.

Get in a position where you can see and pinch skin on your stomach or legs.

3. Pick a place to give the shot.

Shots should be given in the fatty part of your stomach.

4. Use a different place for each shot.

Make sure to change where you give the shot each time. Stay 2 inches away from:

- Your belly button
- Any place you have had surgery
- Any place you have a scar
- Any place you have a tattoo

Think of your stomach as a clock. Give the first shot at 1, the next shot at 2, and so on. Do not give shots where the hands of the clock would be on 12 or 6. If you use your thighs, use one leg and then the other. Start at the top and work your way down, then start over.

5. Clean the area with alcohol.

Use a new alcohol wipe for each shot. Scrub the area several times and let the alcohol dry completely.

6. Remove the cap from the needle.

Pull the cap straight off. Do not twist the cap because it can bend the needle. Do not stand near anyone when you take off the cap.

7. Get ready to give the shot.

Hold the shot in the hand you write with. Hold it like you would a pen. Be careful not to go near anyone with the needle.

8. Pinch the place where you are going to give the shot.

Use your other hand to pinch the fat in the area you just cleaned.

9. Give the shot.

Holding the needle straight against the pinched skin, push the needle all the way in. Then, push the plunger all the way in. Hold the plunger in while you pull the needle straight out. Let go of the pinched skin.

10. Push hard on the plunger.

A safety system will cover the needle.

11. Throw the shot away.

Do not put shots in the garbage. Put the shot in a container made for needles, or in any hard, closed container a needle cannot poke through. Do not use a shot or needle more than once. When you are through getting shots, tape the container closed with duct tape and throw it away in your garbage.

Side effects:

You may get pain, redness, bruising, or swelling where the shot is given.

Bleeding

The most common side effect of blood thinning medication is bleeding.

Some bleeding is minor, like:

- Bleeding gums when brushing your teeth
- Small nose bleeds that stop right away
- Easy bruising
- Longer or heavier menstrual periods

Most of the time you do not need to see your health care provider for minor bleeding. If you are ever worried that your bleeding is serious or are concerned you should call your health care provider.

Some bleeding is major, like:

- Red or bloody urine
- Black, red, or tarry (look like tar) stools
- Throwing up or coughing up blood
- Severe headaches
- New pain or swelling

If you have major bleeding seek medical help right away.

Blood clots

It is still possible to get a blood clot while you are on blood thinners.

Symptoms of a blood clot are any of these things:

- New or sudden increase in warmth, pain, or swelling in your arms or legs
- Difficulty breathing or sudden increase in shortness of breath
- Chest pain, discomfort, or tightness
- Weakness, numbness, or tingling in your arms or legs.

How should I store my dalteparin?

You should store your syringes at room temperature and keep them away from moisture, light, and away from children and animals.

Tell your provider:

- If you are allergic to dalteparin, heparin, or products made from pork.
- If you are pregnant or breastfeeding, have kidney disease, liver disease, or any bleeding disorder.
- About any changes in the medicine you take, including over the counter medicines, vitamins, and herbal products.
- About any changes in your health that you are concerned about.
- Make sure all your providers (dentist, pharmacist, doctor, etc.) know you are taking dalteparin.

What should I do if I give myself too much medicine or if I miss a dose?

- Call your provider immediately even if you don't feel any different.

- If you forget to take your medication, take it as soon as you remember. Then call your provider and ask when you should take your next shot. If you can't reach your provider right away, take your next shot 12 or 24 hours from when you had it last, depending on how often you have been giving yourself the shots. Do this until you get other instructions from your provider.
- Do not take 2 shots at once to make up for a one that was missed or late.

Note: The term "provider" used in this brochure refers to the person who is taking care of you for your anticoagulation. This could be your doctor, your pharmacist, your nurse, etc.

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VERSION: SEPTEMBER 2008