

# HOW TO INJECT

**Inhixa®**  
(ENOXAPARIN SODIUM)



## Before injecting yourself with INHIXA®

- Check with your pharmacist that you have the right medicine. The training that you have been given by your nurse or doctor and this leaflet are only for use with INHIXA®
- Check the expiry date on the box. Do not use if it has expired.
- 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.

Your nurse or doctor will show you how to inject yourself with INHIXA®

This leaflet contains simple instructions about injecting INHIXA® at home. You can also view our patient video by using the QR code on the reverse of this leaflet.

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



*Image shown is a model dressed as a healthcare professional.*

### Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at <https://yellowcard.mhra.gov.uk>.

## Injecting yourself with 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. 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.**
6. Press down firmly on the plunger with your finger until it can't go any further.
7. Keep the plunger pressed down while pulling the needle out of the skin. When the needle is out, you can let go of the skin fold but keep hold of the plunger.
8. Do not rub the skin as this helps to avoid bruising.
9. The plunger can now be pushed down further. This will activate the protective needle cover.
10. Put the used syringe into the sharps bin provided by your nurse or doctor.



Illustration of Inhixa 4,000 IU (40mg) in 0.4mL



When you've finished taking your course of medicine, contact your local council for advice on how to safely dispose of the sharps bin.

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## WHAT IS INHIXA?

- **INHIXA®** contains the active substance called enoxaparin sodium which is a low molecular weight heparin
- **INHIXA®** reduces the risk of blood clots forming and can be used to treat people who have already had a blood clot
- A blood clot usually develops in the legs known as deep vein thrombosis (or DVT) and must be treated to avoid serious problems
- If a blood clot breaks free it can sometimes lodge in the lungs which can cause breathing difficulties and chest pain. This is known as pulmonary embolism (or PE)

## IMPORTANT

- **ALWAYS** use **INHIXA®** as your nurse or doctor has told you
- **DO NOT** try to inject yourself unless you have been trained to do so
- **ALWAYS** make sure you know how much you are going to inject
- **If you forget a dose**, take it as soon as you remember, but so not give yourself a double dose on the same day to make up for a forgotten dose
- **Make sure you continue your INHIXA® injections until your doctor decides to stop them**
- **There is an air bubble in the syringe.** This is normal and you do not need to do anything to remove the air bubble
- Store **INHIXA®** below 25°C and do not freeze. Normal room temperature is around 20°C.
- To avoid risk of freezing, **DO NOT** put **INHIXA®** in a fridge or freezer.
- **Alternate the injection site** – Inject right side one day and left side the following day

- **Take your injections at approximately the same time each day**
- **Do not rub the skin** after injecting as it can cause bruising
- Do not take Inhixa if you are allergic to enoxaparin or heparin
- If you are not able to inject into your stomach, ask your nurse or doctor for advice

## COMMON SIDE EFFECTS

- The most common side effect is that you may be more susceptible to bleeding and bruising than normal
- Mild irritation may occur on the stomach where you have injected – these include redness, pain or bleeding
- If you notice any oozing, swelling, redness, pain or change in skin colour, contact your nurse or doctor as soon as possible

## OTHER MEDICATION

If you are taking any of the following medicines while you are using **INHIXA®**, please consult your nurse or doctor:

- Aspirin or anything containing aspirin
- Non-steroidal anti-inflammatory medication, e.g. ibuprofen, diclofenac or naproxen.

To view the **INHIXA®** patient video use the QR code below or type the link into your browser  
<https://www.techdow-pharma.co.uk/video/play.html>



For any further information, please contact the Medical Information team on  
**01483 928 995**  
(England, Scotland & Wales) or  
**028 9279 2030** (Northern Ireland)