

# HEPARIN INJECTIONS AT HOME

## Patient Information Leaflet

This leaflet can be made available in large print, audio version and in other languages, please call 0800 0730510

ਜੇਕਰ ਇਹ ਲੀਫਲੈੱਟ (ਛੋਟਾ ਇਸ਼ਤਿਹਾਰ) ਤੁਸੀਂ ਆਪਣੀ ਭਾਸ਼ਾ (ਪੰਜਾਬੀ) ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਕ੍ਰਿਪਾ ਕਰ ਕੇ ਪੇਸ਼ਟ ਇੰਫਰਮੇਸ਼ਨ ਕੋ-ਆਰਡੀਨੇਟਰ ਨਾਲ 0800 0730510 ਟੈਲੀਫੋਨ ਨੰਬਰ ਤੇ ਸੰਪਰਕ ਕਰੋ।

यदि आपको यह दस्तावेज़ अपनी भाषा में चाहिए तो पेशेंट इनफ़ॉर्मेशन को-आर्डिनेटर को टेलीफ़ोन नम्बर 0800 0730510 पर फ़ोन करें।

ਜੇ ਤਮਨੇ ਆ ਪਤਿਤਾ ਤਮਾਈ ਪੋਤਾਨੀ ਆਪਾ (ਗੁਜਰਾਤੀ)ਮਾਂ ਜ਼ੋਰੀਠੀ ਡੀਯ, ਤੀ ਡੁਯਾ ਡਰੀਨੇ ਪੇਸ਼ਾਣ ਈੰਫੋਰਮੇਸ਼ਨ ਕੋ-ਆਰਡੀਨੇਟਰ ਨੋ 0800 0730510 ਪਰ ਸੰਪਰਕ ਡਰੋ।

আপনি যদি এই প্রচারপত্রটি আপনার নিজের ভাষায় পেতে চান, তাহলে দয়া করে পেশেন্ট ইনফরমেশন কো-অর্ডিনেটরের সাথে 0800 0730510 এই নম্বরে যোগাযোগ করুন।

إذا كنت ترغب هذه الورقة مترجمة بلغتك الأصلية (اللغة العربية), فرجاءاً اتصل بمسئق المعلومات للمريض  
Information Co-ordinator على النلقون 0800 0730510

مہم ضرورت ایلایف این کوئی زبان (اردو) میں حاصل کرنے کے لیے برہم پرائی ٹیلیفون نمبر 0800 0730510 پر وقت (پڑھیں) اور رابطہ (مریٹوں) کے لیے معلومات کی فراہمی کے سلسلے میں (نرس) کے ساتھ رابطہ کریں۔

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## What is heparin?

Heparin is a type of medication that stops the blood from clotting. You can administer heparin to yourself at home using an injection directly into the fleshy part of your stomach or thigh.

## Why do I need heparin Injections?

Being in hospital can increase your risk of developing a blood clot (Deep Vein Thrombosis - DVT). Developing a blood clot can be dangerous. When you are ill and not very mobile, clots can form in the deep veins, normally in the legs. Sometimes these clots can move and travel to your lungs, which may result in a potential life threatening condition.

You will have been assessed on your admission to hospital to see if you required any preventative treatment during your hospital stay and also whether you would need to continue the treatment after your discharge.

Preventative treatment for some patient's will be heparin injections and/or surgical stockings.

When you are discharged from hospital there is still a very small risk of blood clots forming. You have been assessed and we recommend you continue heparin injections for a period of time after you go home.

## How does heparin work?

The heparin injections work by slightly increasing how long it takes for your blood to clot and minimizing the risk of a clot forming in your deep veins.

## How is it given?

Ensure the area is clean, pinch an area of the skin and inject at a 90-degree angle (not at a slant), then push the plunger straight down. Remove the syringe and place straight into the sharps bin provided that you were given with your heparin injections. You will need to inject about the same time once a day. You will be taught to inject yourself prior to your discharge.

## Other medications

If you are taking other blood thinning medication, please tell the Ward or department it has been prescribed.

## Risks and complications

It is normal to find that small bruises or small lumps are caused where the injection is given, these will disappear. Avoid any sore, red or bruised areas when giving injections and try to alternate sites for the injections. If you do get any local skin rash at the site of the injection, please let your discharging ward know.

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## Important information

It is still important to be aware of the symptoms of blood clots.

Which are:

- Swollen area of the leg
- Pain/tenderness of the leg
- Increased warmth to the leg
- Red or discoloured area to the leg
- Acute shortness of breath
- Chest pain worsening on deep breath
- Coughing up of blood

It is important that if you can move around you do so as much as possible. Drink plenty of fluids and remain well hydrated.

If you experience any of the above symptoms please get medical advice immediately.

**To reduce the chance of you developing a blood clot it is essential that you complete the full course of injections.** Please make sure that container that you have been given for the disposal of your injections is returned to the hospital or chemist for safe disposal after your course of treatment has finished.

## Who do I contact if I have any concerns?

If you have any concerns or questions, please contact the ward you have been discharged from by going through the hospital switchboard on Tel: 01384 456111.