

Enoxaparin



Hematology/Oncology Clinic
4480 Oak Street, Vancouver, BC V6H 3V4
604-875-2345 • 1-888-300-3088
www.bcchildrens.ca

What is Enoxaparin used for?

Enoxaparin is used to prevent blood clots from forming. It works by stopping the formation of substances that cause clots. Enoxaparin is also used to treat blood clots that have already formed in blood vessels.

How should I give this medication to my child?

Enoxaparin is usually given twice a day:

- one dose in the morning
- one dose in the evening twelve hours after the dose in the morning

It is important to give the medication at the same time each day. Link it with something that you always do like eating breakfast or brushing teeth. Each time you give your child this medicine, write down:

- how much you gave
- the date
- the time you gave it

Enoxaparin is given as an injection under the skin. This is called a subcutaneous or sub-Q injection. It does not go into the muscle. The syringe is a BD Ultrafine Insulin Syringe. The needle is very small. Your child may feel stinging as Enoxaparin is injected. Putting ice wrapped in a small towel on the injection site for a few minutes before the injection will numb the area and decrease the sting.

If my child misses a dose, what should I do?

Here is what to do in case you forget to give a dose:

If it is less than six hours after the scheduled time.	Inject the missed dose.
If it is more than six hours after the scheduled time.	Do not inject the missed dose and continue with your next regular dose.

Do not inject two doses at the same time to make up for a missed one. If a dose is missed or given more than 4 hours after the scheduled time call your thrombosis nurse or the hematologist.

What are the side effects that my child may experience?

Side effects from enoxaparin are not common but if you notice any of the following symptoms call your hematologist:

Less obvious signs of bleeding:

- Pink, red or dark brown urine
- Red or tarry black bowel movements
- Joint, muscle, stomach or back pain
- Swelling or discomfort
- Coughing up or vomiting material that looks like coffee grounds
- Unusual headaches
- Dizziness / weakness
- Feeling more tired than usual or looking pale
- Difficulty breathing
- Sudden changes in speech or vision

Continued...

Obvious signs of bleeding

- Bleeding from cuts that won't stop after applying pressure for 10 minutes
- Bleeding from the nose, gums or ears
- Menstrual bleeding that is heavier or lasts longer than usual
- Coughing up or vomiting blood

Unusual bruising

- Bruises that appear without reason or become swollen or larger over time
- Purplish/red spots on your skin

Monitoring Enoxaparin levels

When on Enoxaparin your child will need regular blood tests. A blood test called Anti-Xa or Low Molecular Weight Heparin Level is done to make sure your child's blood is clotting in a safe range.

This blood test should be done four hours after the morning injection.

What do I need to do to make sure testing goes smoothly?

When you first go home from the hospital, you will need to:

- choose which laboratory you will go to for your child's Anti-Xa level.
- have the lab fax all Anti-Xa level results to 604-875-3414, Attention: Thrombosis Nurse.
- call the Thrombosis Nurse and give the lab's name, address, phone and fax number.
- give the Thrombosis nurse another phone number if messages cannot be left at your home phone number.

Call The Thrombosis Nurse If:

- you have not received your Anti-Xa level results, enoxaparin dose and/or next blood test appointment within three days after your child's blood test was taken.

- you cannot have the blood sample taken on the scheduled day.

What is the role of the Thrombosis Nurse?

The Thrombosis Nurse:

- calls your family with the Anti-Xa level, any changes with the enoxaparin dose, and date of next blood test within three days after the blood test results are received.
- calls your family if you need help understanding instructions.
- follows up with lab if results were not received.

At first, your child's blood will need to be checked weekly. Once the Enoxaparin levels become stable, then your child's blood will be checked about once a month. The Thrombosis Nurse will discuss dose changes and your child's schedule for blood tests with you.

Where should Enoxaparin be kept?

- Keep Enoxaparin out of reach of children and never share this medication with anyone.
- Keep the vials at room temperature and away from heat and direct light.
- Open vials can be stored at room temperature for 7 days. Write the date on the vial when you begin to use it and then after 7 days of use take the vial to the closest pharmacy so it can be safely discarded.

What safety measures should I take while my child is on Enoxaparin?

If your child gets a cut, it may bleed for longer than usual. Apply pressure directly to the cut with gauze and do not stop applying pressure until the bleeding stops. This should take about 5 minutes.

Your child can do most activities; except contact sports. However, it is a good idea to discuss which sports and activities are okay with your Thrombosis nurse or Hematologist.

Notify your Thrombosis Nurse or Hematologist of any planned surgical or dental procedures. Enoxaparin may need to be stopped before the procedure.

While on Enoxaparin your child needs to take special care with daily routines such as:

- **Care of teeth.** Use a soft toothbrush and floss gently.
- **Care of feet.** Always wear shoes or slippers to prevent cuts, scrapes, and falls.
- **Bathing.** Use a rubber mat in tub or shower to prevent falls.
- **Shaving** (for youth). Use an electric razor as it is best at preventing cuts and nicks.
- **Kitchen & household activities.** Take care when using sharp knives, peelers, tools, or other sharp instruments.

Immunizations

Your child should get her or his immunizations as given by the regular schedule. After your child is given his or her immunization shot, apply ice and pressure for 3 to 5 minutes to the injection site to help minimize bruising.

Inform Others:

It is a good idea for your child to wear a Medic-Alert™ bracelet so others know that he or she is on Enoxaparin. Also, tell your child's dentist, doctors and school health nurse about the Enoxaparin.



Who do I call for help?

Thrombosis Nurse:

604-875-2345 ext 7058

Hematology/Oncology Clinic:

604-875-2116

Monday to Friday 8:00 morning to 5:00 afternoon

After hours and on Weekends:

604-875-2161

Ask to speak with the hematologist on call.

Contact your pharmacy at least three days before your medicine runs out.

It's Good to Ask!