

## Injectable Anticoagulants Enoxaparin (Lovenox®), Dalteparin (Fragmin®) and Fondaparinux (Arixtra®) Self-injection for Adults

### Surgical Oncology

Injectable anticoagulants like Lovenox®, Fragmin®, and Arixtra® are medicines also known as a blood thinner, used to stop clots from forming in your blood. These medications are given as an injection. The injection delivers the medicine into the fat below the skin. This is called a subcutaneous (SC or SQ) injection. Your nurse will show you how to give the injection. The steps below also explain the process.

#### Supplies You Will Need

- Pre-filled Syringe (Figure 1)
- Alcohol swabs
- Sharps Container (Figure 2)



Figure 1  
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Figure 2  
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#### Home Care

#### How to Give the Injection

1. Wash your hands for 20 seconds.
2. Sit or lie in a comfortable position. Choose a place on your abdomen at least 2 inches from your belly button. (Figure 3)
3. Clean the area of your skin with an alcohol swab and let it air dry.
4. Firmly pull the needle cap off and throw it away.
5. To make sure you receive the full dose of medicine, do not push out the air bubbles from the syringe before the injection.
6. Gently pinch up the clean area of skin. (Figure 4)



Figure 3  
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7. Hold the needle like a pencil. Quickly insert it at a 90-degree angle into the fold of skin (Figure 4). Push the whole length of the needle into the skin.
8. Push the plunger slowly until the syringe is empty or to a specific dose as directed by your health care team.
9. Pull the needle straight out and let go of the skin fold.
10. If there is bleeding, press a tissue on the site until the bleeding stops. Do not rub the site.
11. Your syringe may have a safety shield. If there is a safety shield, push the plunger down after removing the needle until you hear a click. The safety shield covers the needle.
12. Discard (throw away) the needle in a safe place, like a sharps container. This may be purchased at your local pharmacy.
13. Each time you give the injection, change the location on your abdomen.



Figure 4  
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**Never re-use needles. Never share needles. Always discard after one use.**

## Follow-up Care

Call your doctor or nurse if you develop an enlarging knot/bruise, redness at an injection site which blanches or keeps spreading, you become pale, lightheaded, or dizzy, or if you have blood in your stool (or tarry black stool).

## Emergency Center

**In case of any emergency, call 911 or go to the nearest emergency center.**

*For non-emergencies during business hours, call our triage line at 904-202-7300 option 4, then option 1.*

Adapted from Injectable Anticoagulants: Enoxaparin (Lovenox®), Dalteparin (Fragmin®), Fondaparinux (Arixtra®) and Heparin. The University of Texas MD Anderson Cancer Center ©2023, Patient Education BMDA Reviewed and Revised 2/19/2025.