



York Teaching Hospital
NHS Foundation Trust

Injectable anticoagulants

Information for patients, relatives and carers

① For more information, please contact:

York Pharmacy:
Tel: 01904 725736

The York Hospital, Wigginton Road, York, YO31 8HE

Or
Scarborough Pharmacy:
Tel: 01723 342093

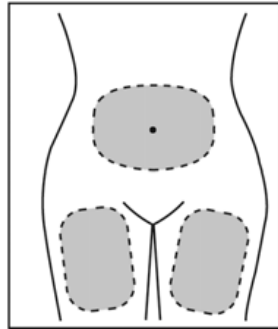
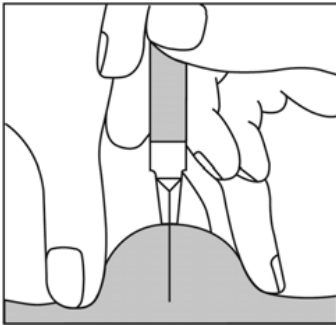
Scarborough Hospital
Woodlands Road, Scarborough, YO12 6QL

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What is injectable anticoagulant therapy?

This is an injectable form of anticoagulant that thins your blood, used to either prevent or treat blood clots. It may be prescribed during and after hospital admission.

The injections are usually prescribed as a once daily dose. It is injected under the skin into the stomach or thigh, or other 'fatty' areas. You should have been shown suitable injection sites. This is known as a subcutaneous injection.



Your dose may differ depending on your medical condition. Occasionally the injections may be needed twice a day. Your doctor, nurse or pharmacy team will tell you how often to use your injection.

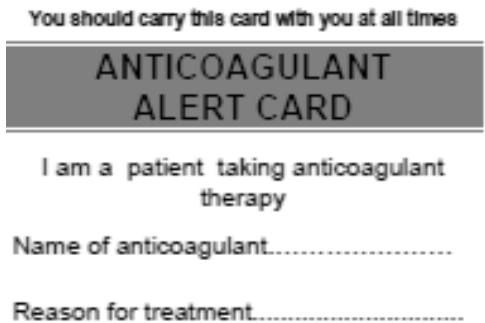
Some medicines are of animal origin; if you have any dietary restrictions that forbid certain animal products within your diet you may wish to discuss this with your doctor, nurse or pharmacist.

This leaflet provides important information about using your injections.

Why am I on these injections?

You could be on the injections for a number of reasons. You should have been given a completed anticoagulant alert card. This yellow card contains important information about your anticoagulant, including the reason you are on the treatment. You should read this information carefully. Keep this card with you at all times.

It is important that you show this card to any healthcare professional looking after you. Show your card when someone is prescribing or giving you medicines, including vaccinations such as the flu jab. This includes your dentist, and anyone selling you herbal remedies or other medicines available without a prescription.



If you are prescribed this injection to prevent a blood clot in the future (prophylaxis), continue to inject this therapy for the length of time written on the label and your discharge letter.

If you are on this injection to treat a blood clot, for example a deep vein thrombosis or a pulmonary embolism, you may be on this treatment for a long time. It is important that you obtain further supplies of your medication from your GP before your hospital supply runs out. Continue to administer your injections until your doctor tells you to stop or changes you to an oral anticoagulation therapy if this is suitable.

How to use your injections

Information should have been given to you on the safe and effective use of your injectable anticoagulant. If you feel unsure about using your injections, refer to the patient information leaflet provided with the injection, and any information given to you by the ward.

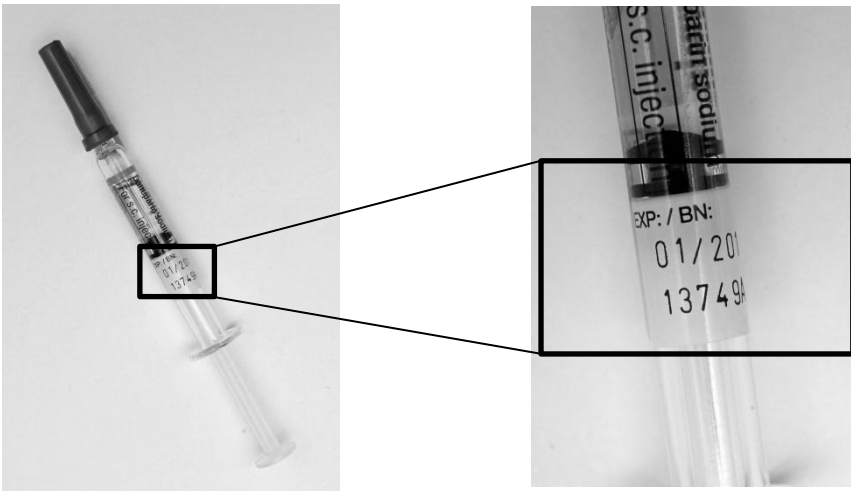
The injections are designed to be administered by the person requiring treatment. If you are unable to administer the injection yourself, a district nurse should have been arranged for you. If this is not the case contact your GP surgery to explore your options regarding someone else, a practice nurse for example, administering your injection for you.

There is a small amount of air in the injection syringe. This should **not** be expelled before the injection is given since some of the injection solution may be lost. The air will remain in the syringe and needle provided the injection is administered correctly.

Storing your injections

Always check the box and information leaflet for any storage information. Normally injectable anticoagulants are kept at room temperature. They should be kept below 25°C in a dry place. They should not be stored in a fridge.

Check the expiry date on your syringe as show in the picture below. Do not use the syringe if it is out of date.



Keep your injections out of sight and reach of children.

How to dispose of your injections safely after use

It is important that the syringe and needle is disposed of safely. You must never throw a used injection directly into the waste bin either at home or in public in case the needle pricks someone when they are emptying the bin. On discharge from hospital you should have been given a sealed yellow container called a sharps bin to dispose of your used needles and syringes. If a district nurse is administering the injections for you, they will safely dispose of the used needle and syringe.

If you have been given a sharps bin by the hospital, you may bring it back to the hospital when it is full to be disposed of for free.

Alternatively your GP can prescribe a sharps bin for you. Not all GP practices will accept the sharps bin back to dispose of. Ask your GP surgery about their policy.

Your local pharmacy may also dispose of sharps. Get into contact with your local pharmacy to explore this option.

York City council, Scarborough Borough council, the East Riding of Yorkshire council, Selby District council and Ryedale District council offer a free medical waste collection service. Register online at their respective websites or ring the councils directly to arrange this service. Telephone numbers for each respective council can be found at the end of this leaflet.

Never put your hand inside the sharps bin to try and get something out. Keep the sharps bin out of sight and reach of children. Only fill the sharps bin to the line indicated by the manufacturer. Your sharps bin should be disposed of every three months, even if it is not full.

Summary

- Don't stop your injectable anticoagulant, unless you are told to do so by a healthcare professional.
- Carry your anticoagulant alert card with you at all times.
- Dispose of your needles and syringes correctly and safely after use.

To arrange sharps bin collection by your local council call:

The City of York Council

Tel: 01904 551550

East Riding of Yorkshire Council

Tel: 01482 393939

Harrogate Borough Council

Tel: 01423 500600

Scarborough Borough Council

Tel: 01723 232323

Ryedale District Council

Tel: 01653 600666

Selby District Council

Tel: 01757 705101

Useful telephone numbers and websites

York Hospital Pharmacy

Tel. 01904 725736

Scarborough Hospital Pharmacy

Tel. 01723 342448

Or alternatively go online for more information at:

NHS Direct: www.nhsdirect.nhs.uk

Department of Health: www.dh.gov.uk

NHS Choices: www.nhs.uk

Anticoagulation Europe: www.anticoagulationeurope.org

Hospital Patient Information Leaflets:

www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

Lynn Ridley, Pharmacist, telephone 01904 725736 or email lyn.ridley@york.nhs.uk.

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email pals@york.nhs.uk.

An answer phone is available out of hours.

Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

如果你要求本資 不同的 或 式提供 , 電
或發電

Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail

Bu bilgileri değişik bir lisanda ya da formatta istiyorsanız lütfen telefon ediniz ya da e-posta gönderiniz

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