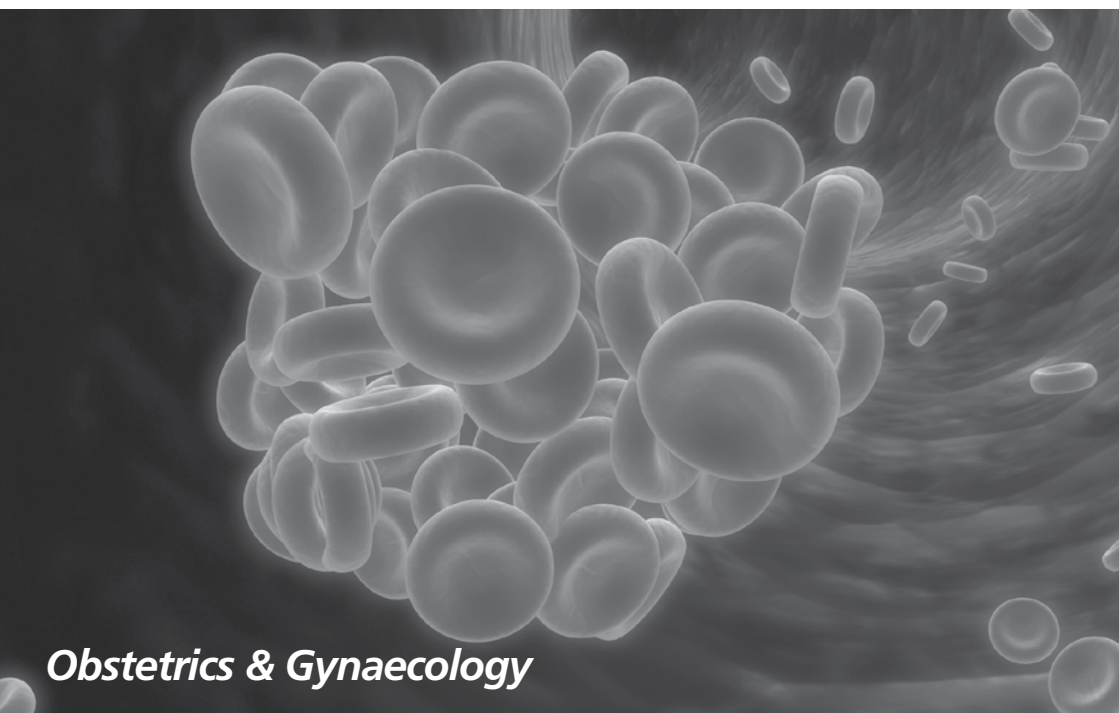


Low molecular weight heparins



Obstetrics & Gynaecology

patient**information**

Hearing about your experience of our services is very important as it means we can pass compliments to our staff and make improvements where necessary. Tell us what you think at feedback@rothgen.nhs.uk

Slovak

Ak vy alebo niekto koho poznáte potrebuje pomoc pri pochopení alebo čítaní tohto dokumentu, prosím kontaktujte nás na vyššie uvedenom čísle alebo nám pošlite e-mail.

Slovensky

Kurdish Sorani

كوردی سۆرائی
نه‌گه‌ر تۆ یان كه‌سێك كه تۆ ده‌یناسی پێویستی به‌یارمه‌تی هه‌بێت یۆ نه‌وه‌ی لهم به‌لگه‌نامه به‌ تێبگات یان بیه‌خوێنته‌وه، تکه‌یه به‌یوه‌ندیمان پێوه بکه له‌سه‌ر نه‌و ژماره‌یه‌ی سه‌ره‌وه‌دا یان به‌و نهمه‌به‌له.

Arabic

عربي
إذا كنت أنت أو أي شخص تعرفه بحاجة إلى مساعدة لفهم أو قراءة هذه الوثيقة، الرجاء الاتصال على الرقم اعلاه، أو مراسلتنا عبر البريد الإلكتروني

Urdu

اُردو
اگر آپ یا آپ کے جاننے والے کسی شخص کو اس دستاویز کو سمجھنے یا پڑھنے کیلئے مدد کی ضرورت ہے تو برائے مہربانی مندرجہ بالا نمبر پر ہم سے رابطہ کریں یا ہمیں ای میل کریں۔

Farsi

فارسی
اگر جناب عالی یا شخص دیگری که شما او را می شناسید برای خواندن یا فهمیدن این مدارک نیاز به کمک دارد لطفاً با ما بوسیله شماره بالا یا ایمیل تماس حاصل فرمایید.

If you require this document in another language, large print, braille or audio version, please contact Patient Information on 01709 424281 or email patientinformation@rothgen.nhs.uk

Low molecular weight heparins

What are Low Molecular Weight Heparins?

Low Molecular Weight Heparins (LMWH) are anticoagulants (blood thinning injections). They include Dalteparin (Fragmin), Enoxaparin (Clexane) and Tinzaparin. They prevent the formation of blood clots.

Why do I need LMWH?

There are several reasons why you may need LMWH. These medicines are used mainly to:

- Treat blood clots
- Prevent blood clots

If you do not already have a blood clot, your risks for developing a clot will be assessed by your doctor.

Some risks are:

Before Pregnancy

- Age more than 35 years
- 3 or more previous babies
- First degree relative who has had a clot (mother, brother, father, sister)
- Previous blood clot
- Blood condition (thrombophilia which puts you at an increased risk of blood clots
- Varicose veins
- Not very mobile
- Medical conditions that increases your risk e.g. lung disease, heart disease etc

Low molecular weight heparins

During pregnancy

- Becoming dehydrated or less mobile due to vomiting, being in hospital with a severe infection, being unwell after fertility treatment (ovarian hyperstimulation syndrome)
- Being immobile for long periods e.g. when travelling for 4 or more hours or being in hospital after an operation
- Carrying more than one baby
- Severe pre-eclampsia

After birth

- Caesarean birth
- Losing a lot of blood following birth
- Had a forceps or suction delivery
- Receive a blood transfusion

Lifestyle

- Obesity (BMI over 30)
- Smoking
- Use of intravenous drug

The dosage of LMWH will depend on your weight in early pregnancy or before pregnancy

What should I discuss with the doctor before using LMWH?

You should not use LMWH if you:

- Have a low platelet count
- Have uncontrolled active bleeding
- Have an allergy to LMWH or pork products

You should also tell your doctor if you:

- Have high blood pressure that is not controlled by medication
- Have had a brain haemorrhage
- Have had surgery recently or need to have surgery or a dental procedure
- Have another blood disorder
- Have a stomach ulcer
- Have eye problems due to diabetes or high blood pressure
- Have liver or kidney disease

You may not be able to use LMWH, may need the dose adjusting or may need special monitoring if you have any of these conditions.

Can I still breast feed whilst using LMWH?

Yes

Low molecular weight heparins

How is LMWH used?

LMWH is used as an injection under the skin (subcutaneous).

The injection site should be varied daily. Common sites include abdomen and thighs.

You will be taught by your midwife or doctor to give the injection yourself, or a member of your family can be taught how to give it to you.

You will be given detailed information about the preparation, injection and storage of LMWH.

How will I get the LMWH and equipment for the injection?

You will be given a supply of LMWH when you leave hospital. It is important that you follow the instructions on the prescription and use LMWH regularly. This way you will get the most benefit.

- Do not use any of this medicine if it is discoloured or has particles in it.
- Do not stop using this medicine without first talking to your doctor.

You may need to have a blood test whilst using LMWH. This will be taken at one week and then again at one month. This will be arranged for you by the hospital.

Low molecular weight heparins

How should I store LMWH?

LMWH should be stored at room temperature.

What do I do with the used equipment?

You will be given a container to discard any used equipment after giving the injections. A collection service will be set up for you by the hospital staff. When you have completed your course of LMWH, please telephone Rotherham 01709 823130 Monday to Friday 8.00am to 5.30pm to arrange collection of the container.

What happens if I miss an injection?

Have the missed injection as soon as you remember. If it is almost time for the next injection, however, skip the one you missed and have the next one at the scheduled time. **Do not have a double dose.**

What happens if I overdose?

You will need to seek medical attention immediately. You should either contact your GP or A&E at the hospital out of surgery hours on **01709 424371**.

What are the symptoms of an overdose?

Bleeding from wounds or injection sites, nose bleeds, black, bloody or tarry motions, blood in urine and easy bruising or bleeding.

What other medicines should I avoid whilst using LMWH?

The risk of bleeding increases if taken together with Aspirin, Ibuprofen, Diclofenac or other Non-Steroidal Anti-inflammatory medicines. If you are on a treatment dose of LMWH do not take these medicines, however, if you are on a preventative dose it may be reasonable to take these but discuss with your doctor.

Ask your pharmacist or doctor before taking any prescription or over the counter medicines, including vitamins, minerals and herbal products.

What are the possible side effects of LMWH?

You should stop using LMWH and contact your doctor or seek medical advice if you experience any of the following serious side effects:

- An allergic reaction (difficulty breathing, closing of the throat, swelling of the lips, tongue or face, an itchy rash).
- Any prolonged or unexplained bleeding, pain, warmth or redness in an arm or leg, difficulty breathing which could indicate a blood clot
- Ulceration at the injection site

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Other less serious side effects may be more likely to occur. Continue to use LMWH but notify your GP or A&E out of surgery hours on 01709 424371 if you experience:

- Mild pain, redness or warmth at the injection site, rash itching or fever.
- Speak to your doctor if you experience any other side effects that concern you.

Remember to tell the doctor or pharmacist that you are using LMWH if you take any other medicines.

Low molecular weight heparins

How to contact us

Greenoaks Ante-Natal Clinic

Telephone 01709 424347

Postnatal Ward

Telephone 01709 424348

Labour Ward

Telephone 01709 424491

Switchboard

Telephone 01709 820000

Useful contact numbers

NHS Direct

Telephone 0845 4647

Health Info

Telephone 01709 427190

Stop Smoking Service

Telephone 01709 422444

Patient Services

Telephone 01709 424461

A&E

Telephone 01709 424455

**For GP out of hours,
contact your surgery**

Useful websites

www.nhs.uk

www.direct.gov.uk

www.therotherhamft.nhs.uk

We value your comments

If you have any comments or concerns about the care we have provided please let us know, or alternatively you can write to:

Patient Services

The Rotherham NHS Foundation Trust

Rotherham Hospital

Moorgate Road

Oakwood

Rotherham

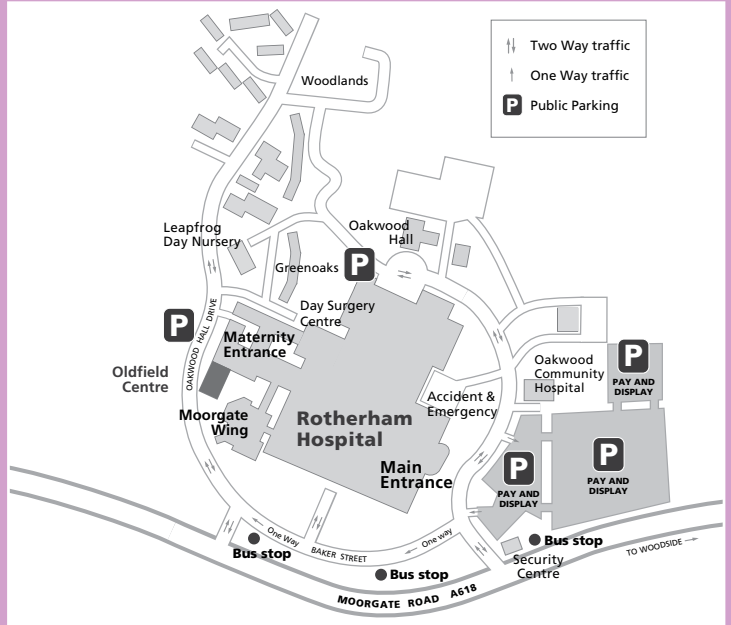
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Telephone 01709 424461

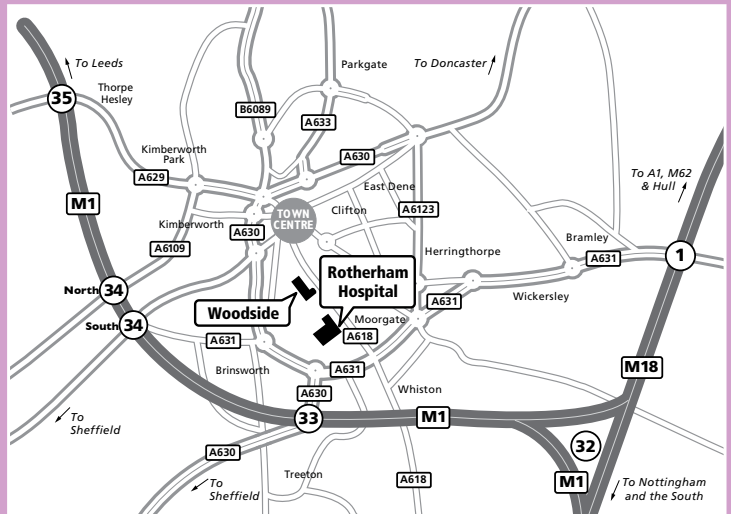
Email complaints@rothgen.nhs.uk

How to find us

Hospital site plan



Rotherham main routes





LS 583 06/13 V3 WFO



The Rotherham **NHS**
NHS Foundation Trust

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