

Extended Thromboprophylaxis Treatment Following Abdominal Surgery in Adult

Advice for patients and Family/Carers

Department of General Surgery

What is Venous Thromboembolism?

A condition known as venous thromboembolism occurs when blood clots form in the legs (deep vein thrombosis) or the lungs (pulmonary embolism), such as following surgery, extended bed rest, or in people with specific conditions such as different types of cancer. National Institute of Health & Care Research (NIHR) and National Institute of Clinical Excellence (NICE) studies informed that Fragmin can help to prevent blood clots especially following cancer surgery. The hospital will provide the injections for a specified duration. It is crucial to finish the full course of Fragmin, even if you are discharged from the hospital.

What is Fragmin (Dalteparin)?

In adults over the age of 18, Fragmin is used to prevent the formation of blood clots (Venous Thromboembolism) and their recurrence. They help to reduce the chances of blood clots by thinning the blood.

You should not be given Fragmin: If you have

- Possible allergy or allergic to latex (natural rubber)
- Active stomach ulcers
- Brain haemorrhage (bleeding in your brain), any injury or any bleeding disorders.
- Significant hepatic impairment (seek advice if minor abnormalities to LFTs).
- Low platelet levels in your blood
- Subacute endocarditis.
- Children under 18 years.

Ask your doctor if you are unsure.

How the injection Fragmin is given to you

The quantity of Fragmin you get depends on how much you weigh. Although a doctor or nurse will sometimes administer the injection, you may be given instructions on how to do it yourself at home or taught how to do it. It is injected under the skin (subcutaneously). The injections are given into a skin fold on the abdomen (stomach) or the outside of the thigh. This is usually given once a day.

You should only follow these instructions after you have received instruction from a doctor or a nurse.

How to do the Injections?

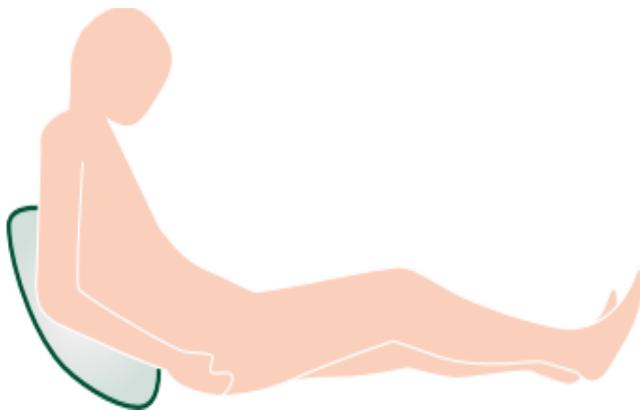
Step 1: Choosing and preparing the subcutaneous injection area

It is usually injected into a skin fold in your abdomen (stomach), or the outer aspects of your thigh.

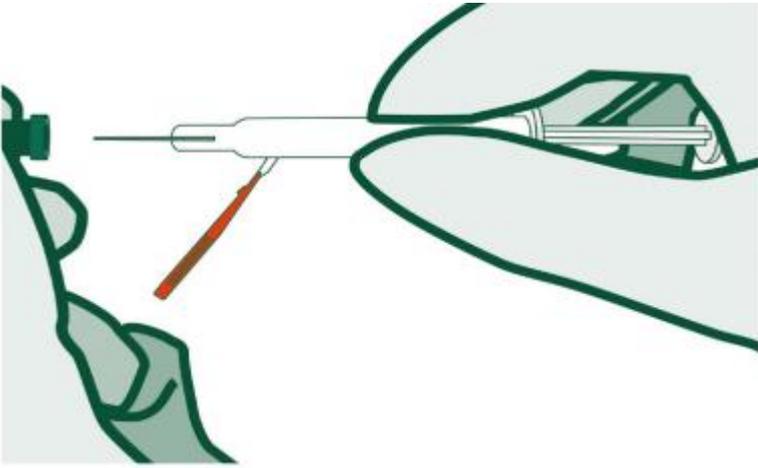
- Use a different site to inject each time a dose is given.
- Do not inject into areas where the skin is tender, bruised, red, or hard. Avoid areas with scars.
- Wash and dry your hands.
- Ensure the skin area is clean where your injection site is



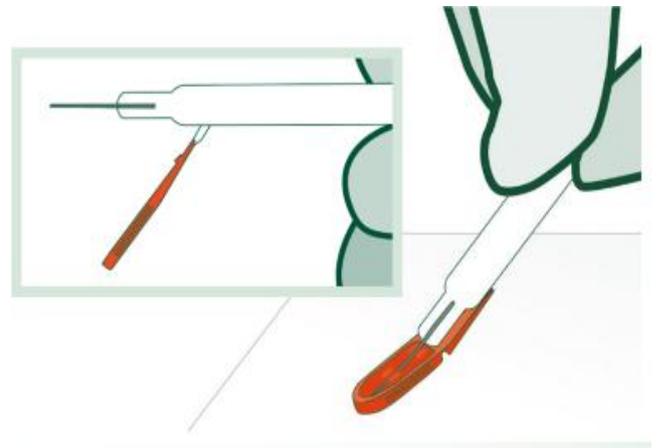
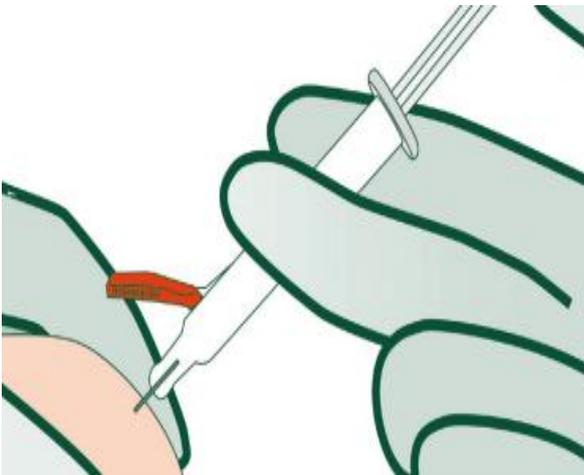
Step 2: Get yourself into a comfortable seated position where you can see your tummy.



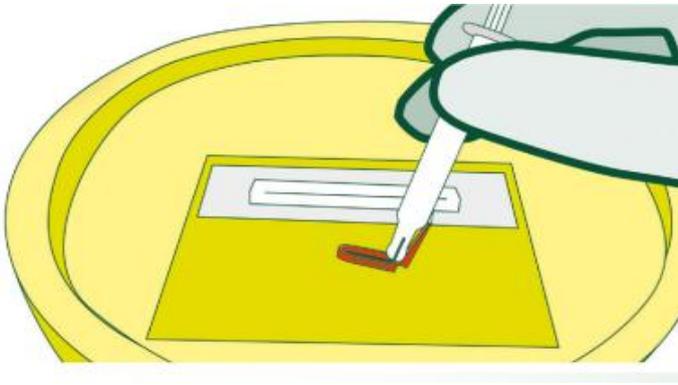
Step 3: Pick up the syringe. Remove the grey rubber cover by pulling it straight off. You will notice an air bubble in the syringe. It is supposed to be there and you can just ignore it.



Step 4: Hold the syringe above the folded skin (pinched skin) keeping it at a right angle as shown in the Picture below. Insert the needle into the skin until the needle is fully inserted, deliver the injection by pushing the plunger down, then release the fold of skin and pull the needle out. If there is any oozing of blood at the injection site, apply gentle pressure. Do not rub the injection site as this may encourage bruising. Push the needle down into the needle trap against a hard surface; you should hear a click sound when the needle is securely in the trap. This is to prevent needle stick injuries.



Step 5: Dispose of the syringe and needle into a sharp container. Keep your sharps bin out of reach of other people. After the injection time is over, please phone **03001 239208** to pick up the sharp boxes.



How to store Fragmin: Keep this medicine out of the sight and reach of children. After opening, immediate use is recommended.

Aware of Adverse Events

The possible side effects include injection site reactions (pain, swelling, bruising) which is common.

When to seek medical attention:

- Unusual bruising or swelling
- Prolonged bleeding such as bleeding from wounds, nosebleeds, coughing up or vomiting blood and blood in urine or stool, or black, tarry stools
- Allergic reactions such as skin rashes to more severe symptoms like swelling of the face, throat, or tongue, and difficulty breathing. Seek immediate medical attention for any allergic reaction.
- Severe skin redness or infection at the site of injection.
- Other concerning symptoms are severe headaches, changes in vision, seizures, severe stomach pain, or any other unusual symptoms should be reported to your doctor.

Please Contact GP/GUH-SAU on 01633 493341.

RGH-D3 East on 01633 234037 if you need more support or any concerns.

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