

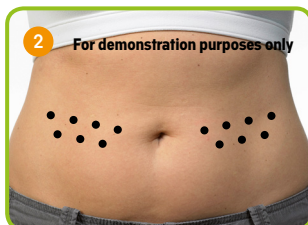
# innohep<sup>®</sup> for the treatment of DVT and PE

## Instructions for injection

You have been given this leaflet because your doctor has prescribed **innohep<sup>®</sup>** for the treatment of deep vein thrombosis (DVT) and pulmonary embolism (PE). Please note that it does not contain complete information about your medicine so please also read the package leaflet in your **innohep<sup>®</sup>** pack and ask your doctor or pharmacist if you are unsure of anything.



- Thoroughly wash and dry your hands.



- Decide where to inject yourself. This is usually on the right or left side of the abdomen; you may also inject into the sides of your thigh. Each time you inject yourself, choose the opposite side from the site of your previous injection.



- Avoid injecting within 5 cm (2 in) around the belly button and do not inject near to any bruising or scars.



- Bend the coloured lid on the plastic container all the way back.



- Remove the syringe from the container.



- Bend the orange coloured safety device down away from the grey cap on the needle.



- Remove the protective needle cap without bending only when ready to inject.



- If using the full dose in the syringe, you do not need to remove the air bubble.
- If you are using only part of the dose, expel the air bubble and the excess liquid, leaving the correct amount of **innohep<sup>®</sup>**, as shown by your doctor or nurse.



- Hold the syringe in your writing hand like you would hold a pen.
- With your other hand, make a fold of your skin by gently pinching the area where you are going to inject yourself with your thumb and forefinger.



- Gently, but firmly, insert the needle at a 90° angle and continue to hold the skin.
- Press down on the plunger slowly to inject the **innohep**® over 10-15 seconds.



- Remove the needle from your skin, keeping it at 90° and then release the skin fold.
- Do not rub or massage the area as this can cause bruising.



- Using a hard surface, bend the orange safety device back to its original position so it is now underneath the needle.
- Place the safety device flat against a hard surface, push downwards until the needle clicks into the device.
- Bend the safety device so that the needle/device is now at a 45° angle to the syringe.



- **Never use your finger** to press the needle into the orange safety device.



#### Disposal Option 1

- Carefully place the syringe, needle first, directly into a "sharps" container.
- The empty plastic container can be recycled.

If a "sharps" container is not available please proceed to steps 15 and 16.



#### Disposal Option 2

- Carefully place the syringe back into the open plastic container (needle first), followed by the grey needle cap.

**Never put syringes or needles in the household rubbish**



- Push down the lid, until it clicks. All your used **innohep**® syringes can be stored in the plastic containers and must be disposed of by your GP Practice or local pharmacy.

#### Reporting of side effects:

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard). By reporting side effects you can help provide more information on the safety of this medicine.

