

Dalteparin

Also known as Fragmin[®]



Why take Dalteparin

Dalteparin is a medicine that will help your blood flow more easily. It can be used to treat blood clots and to prevent them from forming. This drug is sometimes called a blood thinner.

How to take Dalteparin

Your doctor will tell you what dose to take. This medicine should be taken ONCE daily. Always follow your doctor's directions. Take the dalteparin injection at the same time every day. It is important not to skip doses. If you forget a dose, take it as soon as you can. However, if it is almost time to take your next dose, skip the missed dose and go back to your regular dosing schedule. Never take two doses at the same time.

Dalteparin is given as a shot under the skin (subcutaneously). Dalteparin should never be injected into your muscle.

Follow these steps to give yourself a dalteparin injection:

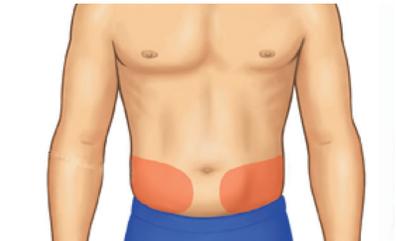
STEP 1

Wash and dry your hands. Sit in a comfortable position so that you can see your stomach area.



STEP 2

Pick an injection site on the right or left side of your stomach area. It should be at least 2 inches from your belly button. Change injection sites each time you give yourself a shot.



STEP 3

Clean the injection site with an alcohol swab. Let it dry.

STEP 4

Carefully remove the needle cap by pulling it straight off.



Clean using a circular motion

STEP 5

You will notice an air bubble in the syringe. You should not remove this air bubble. It is safe to give yourself an injection with this bubble.

Gently pinch the cleaned injection site to make a fold in the skin. Insert the whole needle straight into the pinched skin (at a 90° angle). Push the plunger down to inject the medicine.



STEP 6

Pull the needle out from the injection site. Let go of the skin fold. To keep from bruising, do not rub the injection site.

STEP 7

Point the needle away from you and others. Push down on the plunger again to activate the safety device. You will hear a "click" when this is done. A protective sleeve will cover the needle.

STEP 8

Throw used syringes and needles away in a "sharps container". A "sharps container" is a hard closed container that needles cannot poke through. Examples are an empty laundry detergent bottle, or an empty bleach bottle. Keep this container away from children and pets. When the container is full, cap it tightly and throw it away in the trash. Do not take used needles to the pharmacy or hospital.



Dalteparin

Also known as Fragmin[®]



University
Health System

Storage

Keep dalteparin at room temperature, away from heat, direct light and moisture (i.e. bathroom). Do not keep expired dalteparin.

Side Effects

This medicine may cause bleeding or bruising. The risk of bleeding is higher if you have kidney problems. Discuss this with your doctor if you have questions.

Tell your doctor if you have any of the following side effects:

- **Bleeding gums while brushing teeth**
- **Blood in urine or stool**
- **Nose bleeds**
- **Confusion**
- **Easy bruising**
- **Nausea or diarrhea**
- **Pain, redness or bruising at injection site**

WHEN TO SEEK MEDICAL ATTENTION

Call your doctor immediately if you have any of the following:

- **Red, dark, coffee colored urine**
- **Vomit that is coffee colored or bright red**
- **Red or dark black bowel movements**
- **Severe pain in your head or stomach**
- **Chest pain, shortness of breath, or coughing up blood**
- **Large, flat, blue or purple patches on the skin**
- **Numbness or weakness in arms or legs or on one side of the body**
- **Pain in lower leg (calf)**
- **Swelling in hands, ankles or feet**
- **A serious fall or if you hit your head**
- **Bleeding from gums or cuts that will not stop within 10 minutes**

USE OF OTHER MEDICATIONS

Some medications can increase your chance of bleeding while you are taking dalteparin. It is very important to talk with your doctor about ALL of the other medicines that you are taking including:

- **Prescription medicines**
- **Over-the-counter products such as aspirin, ibuprofen and other NSAIDs**

Check with your doctor or pharmacist before starting any new medicine. Always ask if the new medicine will affect the dalteparin you are taking.

OTHER THINGS TO TELL YOUR DOCTOR WHILE YOU ARE TAKING DALTEPARIN

- **If you become confused, nauseous or have diarrhea**
- **If you become pregnant or plan to become pregnant**
- **If you are breastfeeding**
- **If you have liver or kidney disease**
- **If you have blood vessel problems, a stomach ulcer or bleeding, or a bleeding disorder**
- **If you have recently had a stroke, or surgery on your eyes, brain, or spine**
- **Tell your dentist you are taking dalteparin**
- **If you have ever had an allergy to dalteparin or heparin**