

# How to give an enoxaparin (Lovenox®) shot

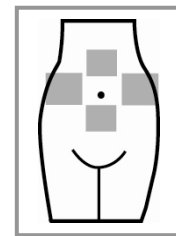
Your doctor has prescribed this drug for you to take at home. When you pick up your prescription, you'll get a package of ready-to-use syringes that are filled with the medicine.

## What you need to get started

- Your pre-filled syringe of enoxaparin (Lovenox)
- Soap and water or hand cleanser
- A comfortable place to sit or lie down
- Alcohol swab
- Band-aid® or other adhesive bandage

## Prepare to take your shot:

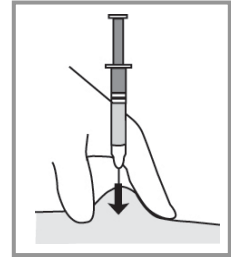
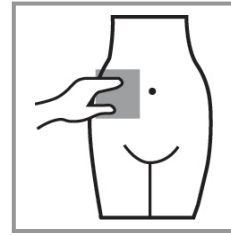
1. Clean your hands with hand cleanser, or wash them with soap and warm water.
2. Sit or lie down so you can easily see your stomach.
3. Find a place on the fatty part of your stomach to take your shot. Look for a place about 2 inches from your belly button.
4. Take the cap off the needle and throw it away.



**After you take the cap off, don't put the syringe down or let anything touch the needle. Don't press down on the plunger of your syringe until you take your shot.**

## To take your shot:

1. Hold the syringe like you would hold a pen or pencil. Use the same hand you use for writing.
2. Use the thumb and forefinger of your other hand to gently pinch the place on your stomach where you'll be taking your shot.
3. Put the needle into the skin fold at a 90° angle, facing straight up and down. Put the needle all the way in.
4. Slowly press down on the plunger of the syringe with your finger or thumb. If you press down too fast, the medicine can sting. The slower you go, the less it will sting.
5. Hold the plunger down for a count of 10. This will make sure you get the full dose of medicine.
6. Pull the needle straight out.
7. If there's a little blood where you took your shot, use the alcohol swab to gently wipe it clean and apply a small Band-aid. Don't rub the place where you took your shot. Rubbing it can make it bruise.



## After your shot

1. Drop your used syringe, needle first, into a special container. Don't put your syringe in with your other garbage.
2. Tightly close the lid to the container.
3. Keep the container in a place that children can't get to it.
4. Dispose of your container safely. Your care team will let you know the best and safest way to dispose of your syringes.

