

# How do I take my injection to prevent clots?

(This injection is known as dalteparin or Fragmin)



1. **Wash your hands** with soap and water and ensure injection site clean
2. **Sit upright** in a comfortable chair with your injection and sharps bin near you.
3. **Remove the cap** from the syringe. You will notice an air bubble in the syringe, this should not be removed.



4. **Chose injection site** which should be given into fat. The best areas are the thighs or the stomach (avoid the belly button).

5. **Pinch a big fold of skin** at injection site. Holding the syringe likes a dart or pencil. **insert the needle at an angle of 90°**. **Press the plunger** until the contents of the syringe have been injected. **Keep pinching** the fold of skin while removing the syringe. Do not rub the injection site.



6. **Place the empty syringe into a sharps bin**. Do not attempt to replace the cap over the needle. Never dispose of the needles with your household rubbish. Bring the yellow sharps bin to the hospital at your next visit where it will be disposed of safely/ or to your local pharmacy.