

## What is Enoxaparin?

**Enoxaparin** is a medicine that prevents blood clots. It stops **clotting factors**, the substances that make clots. Enoxaparin can also treat blood clots in blood vessels.

## How do you give your child Enoxaparin?

**People usually need 2 doses of Enoxaparin each day:**

- One dose in the morning, and
- One dose 12 hours later, in the evening

Give your child Enoxaparin at the same times every day. Link each dose with something you always do, like brushing teeth. Every time you give your child Enoxaparin, write down:

- How much you gave
- The date
- The time you gave it
- The site (place on the body) you used

**Your child will get Enoxaparin in an injection under their skin.**

This is called a **subcutaneous injection**, or **sub-Q injection**. Enoxaparin does not go into the muscle. The needle for Enoxaparin injections is very small.

Your child may feel stinging when you inject the Enoxaparin. To reduce the sting, wrap ice in a small towel. Hold it on the injection

site for a few minutes before giving the injection. This will numb the area.

## If you forget to give a dose:

- **If it is less than 6 hours since the missed dose**, inject the dose.
- **If it is more than 6 hours after the missed dose**, do not inject the dose. Give your next regular dose at the planned time.
- Call your thrombosis nurse, nurse clinician, or your doctor for further instruction if a dose is missed.

**Do NOT** inject two doses at the same time, to make up a missed dose.

## What are the side effects?

The most common side effect of Enoxaparin is bleeding. If you notice any of these symptoms, call your child's doctor/nurse or bring your child in to the closest emergency department:

### Less obvious signs of bleeding:

- Pink, red or dark brown pee
- Red or sticky black poo
- Pain in the joints, muscles, stomach or back
- Swelling or discomfort
- Coughing up or vomiting blood or what looks like coffee grounds
- Unusual headaches
- Dizziness or weakness
- Feeling more tired than normal
- Looking pale
- Trouble breathing
- Sudden changes in speaking or vision

### Obvious signs of bleeding:

- Bleeding from cuts that does not stop after you apply pressure for 10 minutes
- Bleeding from nose, gums or ears
- Menstrual (period) bleeding that is heavier or lasts longer than normal
- Coughing up blood or vomiting blood

### Unusual bruising:

- Bruises that appear without a reason
- Bruises that get larger or swollen over time
- Purplish or red spots on skin

## Checking Enoxaparin levels

When your child is taking Enoxaparin, they will need regular blood tests. The test is called an **Anti-Xa** test. It can also be called an **Low Molecular Weight Heparin Level** test. It will check that your child's blood is clotting safely.

### Your child should have this test 4 hours after the morning injection.

If the Anti-Xa level is too high or too low, your child's Enoxaparin dose will need to be changed and another level will need to be drawn a couple of days later. Once the levels are stable, your child's bloodwork will be checked once a month.

## Staying safe with Enoxaparin

- Keep Enoxaparin in a place where children cannot reach it.
- Do not share this medicine.
- Keep vials at room temperature. Keep away from heat and direct light.
- You can keep open vials at room temperature for 7 days. When you open a new vial, write the date on it. After 7 days, take it to a pharmacy. They can discard it safely.

**If your child gets a cut**, they may bleed for longer than normal. Using gauze, press on the cut until the bleeding stops. This should take 5 minutes.

**Your child can do most activities, but they should not do contact sports.** Talk to your Thrombosis Nurse, nurse clinician, or Hematologist (blood doctor) about what sports and activities are okay.

**If your child will have surgery or dental procedures**, tell your Thrombosis Nurse, nurse clinician, or Hematologist (blood doctor). They may stop your child's Enoxaparin before the procedure.

**When your child takes Enoxaparin, they need to be careful with daily activities like:**

- **Cleaning teeth.** Use a soft toothbrush. Floss gently.
- **Caring for feet.** Always wear shoes or slippers. They prevent cuts, scrapes, and falls.
- **Bathing.** Use a rubber mat in the bath or shower to prevent falls.
- **Shaving (for youth).** Use an electric razor to avoid cuts.
- **Kitchen and household activities.** Take care when using sharp things like knives, peelers, and tools.

## Immunizations

Your child should get their immunizations like normal. After your child has an immunization shot, press an ice pack on the injection site for 3 to 5 minutes. This will help with bruising.

## Drug Interactions

Some medicines can affect the way that Enoxaparin works. Talk to your doctor or nurse before starting any new medicines,

including over the counter medicines and natural medicines.

### **Tell others**

It is a good idea for your child to wear a Medic-Alert™ bracelet. This tells others that your child takes Enoxaparin.

Tell your child's dentist, doctors, and school health nurse about the Enoxaparin.



### **Contacts**

#### **Hematology /Oncology Clinic**

Phone: 604-875-2345 ext 7079

Open Monday – Friday 8:00 am – 5:00 pm

#### **If the Hematology / Oncology Clinic is closed (weekends and after hours)**

Phone 604-875-2161

Ask to talk to the Hematologist on call. Or, ask for the team that is looking after your child to call.

### **It's good to ask!**

**Remember: Contact your pharmacy 3 days before the Enoxaparin runs out.**