

## NEEDLE/SYRINGE DISPOSAL

It is **very important** that you safely dispose of your used needles and syringes. Ask at your local pharmacy or drugstore if they have a sharps disposal program. If this service is not available check with the pharmacist or pharmacy technician re proper syringe disposal. Please do not bring used syringes to the clinic for disposal.

## PERSONAL DOSAGE CHART



Amount of heparin to be given at each dose

 units

Concentration of heparin being used:

 units/ml

*(Check your heparin bottle to make sure this is correct)*

This equals

 units

on the syringe.

Heparin is to be taken every 12 hours.

 a.m.  p.m.

*(It is very important that you take your heparin as close as possible to the same time everyday)*

**Originally written by:** Ambulatory Clinic, B.C. Women's Hospital

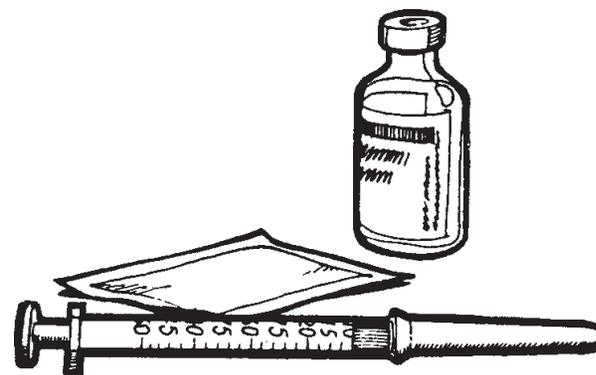
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**Graphics produced by:** Biomedical Communications - UBC

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# HEPARIN INJECTION



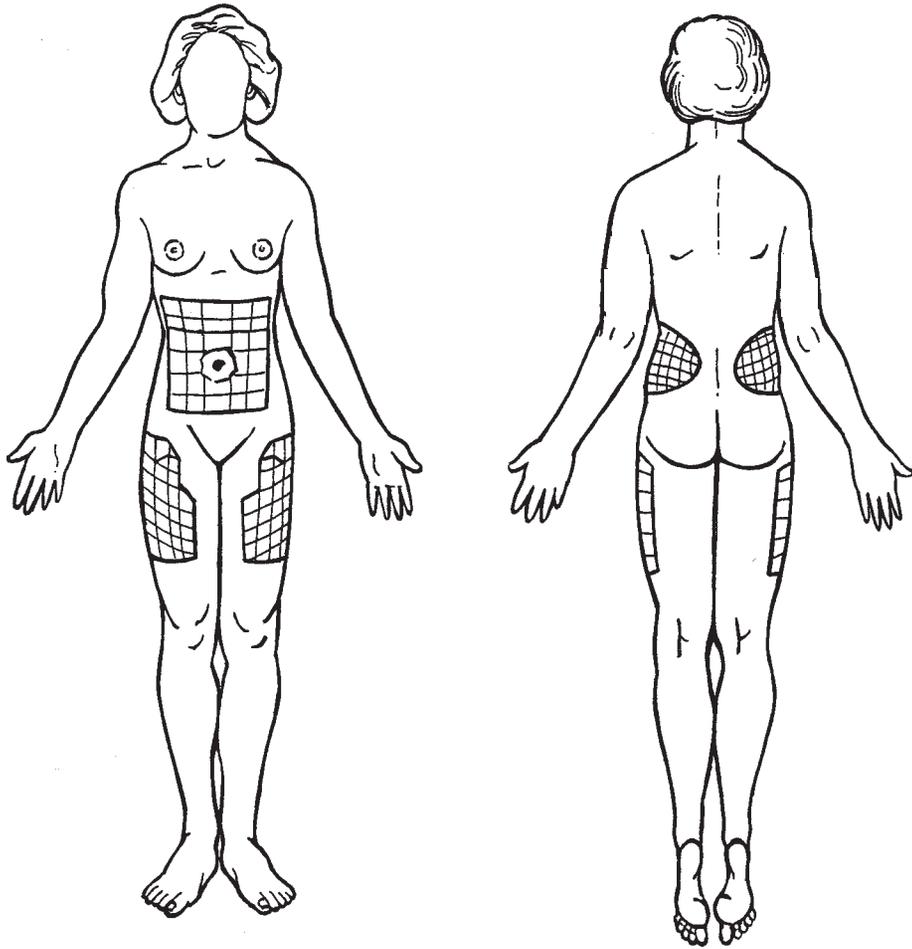
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## SELECTION AND ROTATION OF HEPARIN INJECTION SITES



The abdomen is usually the best place for heparin injection. Talk with the nurse or doctor if this area is not good for you.

## HEPARIN: MEDICATION INFORMATION

Heparin is a drug that slows the clotting of the blood. Doctors recommend Heparin for two reasons in pregnancy:

1. Women who have a history of blood clots in their deep veins (deep vein thrombosis), stroke or a heart valve replacement.
2. Women who have an antibody which can cause blood clots and may lead to a miscarriage (lupus anti-coagulant or anticardiolipin antibody).

Heparin does NOT cross the placenta to enter the baby's body or the baby's blood stream. It works only on your body to slow your blood clotting and to prevent the effects of the antibody. For some people, it may be necessary to make sure your blood clotting doesn't become too slow, so your doctor will ask you to have blood tests which measure your blood clotting time and your platelet count (the cells that clot your blood).

### Side Effects

Too much heparin can cause you to bleed too much. The most common side effect from heparin is bruising at the injection site. If you do have a bruise, wait until the bruise is gone before using that site again. If you have many bruises, or if you have nose bleeding, red or tea coloured urine or bleeding gums, please call the nurse or doctor.

Long-term use of heparin may cause your bones to become weaker and increase the chance of bone fractures. Talk to your doctor about taking a calcium supplement and Vitamin D in pregnancy to protect your bones. Heparin does not affect the baby's bones.

In rare cases, patients are allergic to heparin. If you develop an itchy rash or have problems breathing, call your doctor as soon as possible.

## HOW TO PREPARE AND GIVE HEPARIN

If using *pre-filled Heparin syringe*: proceed to Page 4.

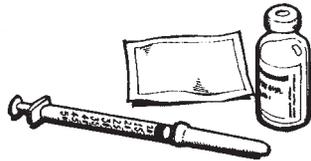
### Supplies:

1. Physician's order for dose of Heparin.
2. Heparin solution.
3. Alcohol swab.
4. Insulin syringe with needle (1cc or 1/2 cc).

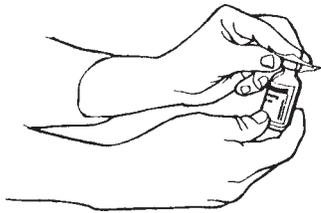
You take heparin by using an insulin syringe. Insulin syringes are marked off in number of units you should take (see the last page of this booklet).

### PROCEDURE:

1. Wash your hands.
2. Lay out the supplies in a clean area (table, countertop in kitchen or bathroom).



3. Clean the top of bottle with the alcohol swab.



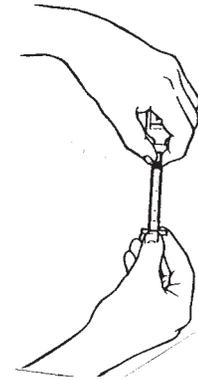
4. Pull back on the plunger to the mark that equals your Heparin dose. This draws a "dose of air" into the syringe.



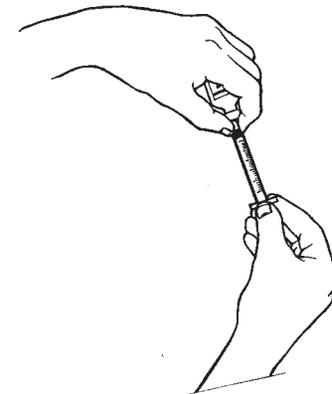
5. Push the air from the syringe into the Heparin bottle. This will make it easier to withdraw the Heparin.



6. Turn the bottle upside down and pull the plunger up and down once or twice. This will clear any small air bubbles in the syringe.



7. Pull the plunger back to the mark that equals your Heparin dose. Remove the needle and syringe from the bottle.



8. Using the injection site rotation chart on the next page, choose an injection site. Each time rotate the site.
9. Inject Heparin following the Injection procedure.