

- Do not rub the area afterwards as this may increase the bruising.

### Disposing of the syringe

- Cap the needle to prevent injury.
- After use, do NOT replace needle guard.
- Put the syringe in the plastic container and dispose of in a yellow 'sharps' bin.



### Possible side effects

- Haematoma (collection of blood under the skin).
- Anaemia.
- Bruising.
- Itching.

### Contact us

If you have any concerns or questions in the 48 hours following discharge from hospital, please call the ward for advice:

Ward name: \_\_\_\_\_

Ward tel: \_\_\_\_\_

After 48 hours, please contact your GP.

Royal Berkshire NHS Foundation Trust  
London Road  
Reading RG1 5AN  
Telephone 0118 322 5111  
[www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

This document can be made available in other languages and formats upon request.

Leaflet by Rachael Neighbour & Samantha McEndoo, November 2018  
Review due: November 2020

# A guide to self-injecting Tinzaparin at home

Advice for patients

This leaflet gives you safe and easy instructions to administer injections of Tinzaparin at home.

### What is Tinzaparin and why do I need to carry on taking it at home?

Tinzaparin is an anticoagulant (blood thinner). It is used following surgery when your mobility is reduced or when you are at risk of developing a blood clot.

### 3 stages of injecting Tinzaparin

- Preparation
- Administration (giving the injection)
- Disposal

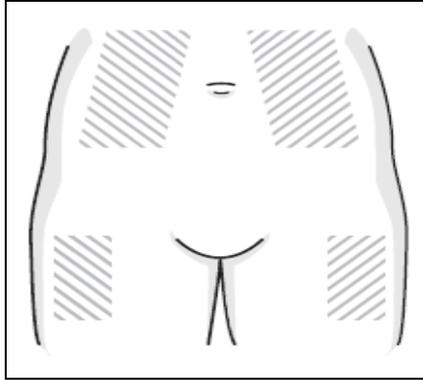
### Preparing for your injection

Before giving the injection, make sure you:

- Wash your hands with soap and water. Dry your hands well.
- Decide where to



inject yourself. (Stomach or top thigh ONLY.)



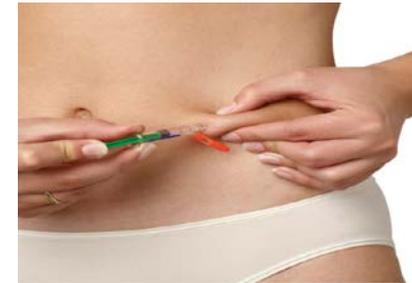
- Do not inject within 5cm (2”) of the belly-button or near a bruise or scar.
- Your skin may be quite sore after the injections and there is high chance of bruising so it is a good idea to use alternate sides of your stomach or thighs each time.
- Sit or lie in suitable position so you can see the skin where you are going to inject yourself.

### Giving the Tinzaparin injection

- Carefully remove the syringe from the plastic container. Remove the needle guard. Ensure the needle does not touch anything. It is now ready for use.



- Gently squeeze a well-defined fold of skin and fat with your thumb and index finger.



- Quickly insert the needle straight down into the fatty layer through the skin.



- Give the drug slowly, firmly push plunger down as far as it will go. Pull the needle out slowly and straight. Let the skin roll as you remove the needle.