

Dalteparin (Fragmin[®]) Teaching Handout

What is dalteparin (Fragmin[®])?

Dalteparin (Fragmin[®]) is a blood thinner used to prevent or treat blood clots.

It can only be given by injection under the skin using a small needle and syringe. It can be given once or twice a day by injection.

Why am I taking dalteparin (Fragmin[®])?

You are taking dalteparin (Fragmin[®]) for
(fill in the indication)_____

How long will I need to take dalteparin (Fragmin[®])?

Your doctor will decide how long you will be on dalteparin (Fragmin[®]). Dalteparin (Fragmin[®]) may be used temporarily to prevent a blood clot, or used for a short time with warfarin until the warfarin blood test is in the target range.

When do I take my dalteparin (Fragmin[®])?

It is important that you give the injections at the same time each day.

It is important that you continue your dalteparin (Fragmin[®]) until told to stop.

If you forget an injection, contact your doctor or your anticoagulation clinic for advice as to when you should give your next injection.

Do I need to tell anyone I am taking dalteparin (Fragmin[®])?

Let everyone involved in your care, such as a dentist or other provider, know that you are taking dalteparin (Fragmin[®]).

What are the side effects of dalteparin (Fragmin[®])?

Skin bruises, itching, and bleeding around the injection site, can occur.

If bleeding does occur, it may take a little longer than usual to stop.

Let your doctor know if you develop a rash of dark red spots under the skin.

What signs of bleeding should I be concerned about?

Gums that bleed after brushing your teeth lasting more than 15 minutes..

Nose bleeds that last more than 15 minutes.

Bleeding from a cut that does not stop in 15 minutes.

Urine that looks red, or urine that is dark like coffee.

Stool (BMs) that are covered with blood, or that is black.

Vomit that is bright red or vomit that looks like coffee.

What should I do if I have any of the above signs of bleeding?

- 1) Call your doctor
- 2) Call your anticoagulation clinic
- 3) Go to the nearest Emergency Room

How do I give myself dalteparin (Fragmin®)?

1. Wash your hands with soap and water. Dry your hands.
2. Sit down or lie flat in a comfortable position.
3. Select an area on the right or left side of your stomach, at least 2 inches away from your belly button.
4. Clean the area with an alcohol swab. Allow the area to dry.
5. Carefully pull off the needle cap from the syringe and discard cap. Leave the air bubble in the syringe. It will not hurt you.
6. Hold the syringe like a pencil in the hand you write with.
7. With your other hand, gently pinch around the cleansed area to make a fold in the skin.

Continue to hold the skin fold throughout the injection.

8. Press the needle straight down and all the way into the skin fold.
9. Press down on the plunger with your finger until the syringe is empty.
10. **DO NOT** rub the injection site
11. Remove the needle by pulling it straight out.
12. Point the needle down and away from yourself and others. Push down on the plunger to release the safety shield.
13. Drop the used syringe into a thick plastic disposable container. When the container is full or you are finished with all your injections, call the Waste Management Department for your county for pick up and removal.