

Lovenox[®] (also known as Enoxaparin) Education Plan

Getting Ready to Learn About Lovenox[®]

Learning something new while you are in the hospital isn't easy. The purpose of this education plan is for you and the staff to review this information together. Here are some things that you should let the staff know:

Do you want someone to learn with you? It's best if it is someone that will be helping you at home.

How do you learn best? Do you like to read about it or watch a video? Does a demonstration help you learn?

Let the staff know if this is not a good time. If you are in pain or cannot focus let them know this.

This information is important to your health. We may repeat a point during the teaching.

What I need to Learn About Lovenox[®]

By the time I leave the hospital I will be able to show or tell the staff I:

1. Know why I am taking Lovenox[®]
2. Understand the safety issues of taking Lovenox[®].
3. Can give myself an injection of Lovenox[®]
4. Know who will be following up on my Lovenox[®] once I leave the hospital.

The staff will use three questions to teach me about Lovenox[®]:

1. Why do I need to take Lovenox[®]?
2. What is important to do while taking Lovenox[®]?
3. Why is this important to me?

After the teaching is reviewed, the staff will ask me to repeat back important points, or show them what I've been taught. This is to make sure they have taught you well enough that you understand.

Why do I need to take Lovenox®

Lovenox® is used to keep me from getting a blood clot. Lovenox® is a drug that thins my blood. It is used to:

- Help keep me from getting a blood clot.
- Treat a blood clot by keeping it from growing, so my body can dissolve it.
- Keep people with certain heart conditions from having a stroke while temporarily off warfarin or other blood thinners.

I am taking Lovenox® for: _____

What is important to do and know while taking Lovenox®?

I will be able to tell the staff the safety issues of taking Lovenox®.

- Taking Lovenox® puts me at risk for bleeding too much.
 - I will watch for signs of bleeding.
 - Small cuts and nicks that won't stop bleeding.
 - Nose bleeds that won't stop bleeding.
 - Urine that is pink, red or brown.
 - Vomiting up coffee ground material or blood.
 - Bruising (other than the injection site) that has an unknown cause.
 - Unusual dizziness that is mild to severe.
 - If I have any of these problems, I will call my doctor or go to the emergency room.
 - Make sure everyone knows I am on Lovenox®. My dentist and other doctors will want to know that I am at risk for bleeding.
 - If I fall and hit my head, I will call my doctor or go to the emergency room.

To demonstrate correct injection technique to the staff, I will:

- Wash and dry my hands before giving a medication.
- Sit or lie in a comfortable position, so that you can see your abdomen.
- Choose an area on the right or left side of your abdomen, at least 2 inches from your belly button.
- Clean the injection site with alcohol swab. Let dry.
- Remove needle cap from the syringe.

- Holding the syringe like a pencil in one hand, pinch the skin of the cleansed area of my abdomen with the other hand.
- Insert the full length of the needle straight down at a 90 degree angle into the fold of skin.
- Press the plunger with my thumb until the syringe is empty.
- Pull needle straight out at the same angle it was inserted and release the skin fold.

In order to be safe in handling syringe with needle, I will:

- Point the needle of the syringe down and away from myself and others and push down on plunger to activate the safety shield.
- Place the used syringe in a sharps container.

In managing my medicine, I will:

- Take Lovenox[®] at the same time each day as prescribed. If I take my medicine too close together, I will increase my chance of bleeding.
- If I miss a dose, take it as soon as I remember unless I am more than 6 hours late, then I will skip this dose.
- Take my next dose of medicine at my regular time.
- NOT take 2 doses at once.
- Keep and carry with me an up to date medication list at all times.
- Not take any prescription or over the counter medicine or herbal medicines without checking with my doctor.

Important precautions:

- I will limit myself to no more than 2 standard alcoholic drinks a day if my doctor says it is okay for me to drink.
- Smoking increases the risk of stroke and blood clots. Smoking interferes with medicines that I might be taking like Lovenox[®]. I understand that not smoking would be healthy for me.

I will be able to tell the staff who will help me manage my Lovenox[®] once I leave the hospital.

- I will make an appointment with _____.

Why is this important to me?

Taking Lovenox[®] will help keep me from having a stroke or from getting blood clots in deep veins. This medicine also helps the body get rid of blood clots. These clots

can sometimes break off and travel to my lungs. These are extremely dangerous and could be deadly.

As part of my care and to help me understand Lovenox[®], I may receive:

- Lovenox[®] Education plan
- Stroke Prevention Brochure
- My Medication Information Brochure
- Lovenox[®] Kit

Enoxaparin(also known as Lovenox[®]) Education Plan

Resources

- Lovenox Patient Starter Kit (available in medication rooms or by contacting the inpatient pharmacy to obtain a kit)
- [Enoxaparin Injection](#)- Nursing Reference Center Plus
- [Enoxaparin Patient Education](#)- LexiComp

Teaching Tools

- Enoxaparin(Lovenox) Education plan
- My Medication Information DC 1692-E (Spanish Version: DC 1692-S) or
- My Medication Wallet Card DC 1610

References Lexi-comp

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Always close each teaching session with the question, “What questions do you have for me?”

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This document is not a part of the permanent medical record.**