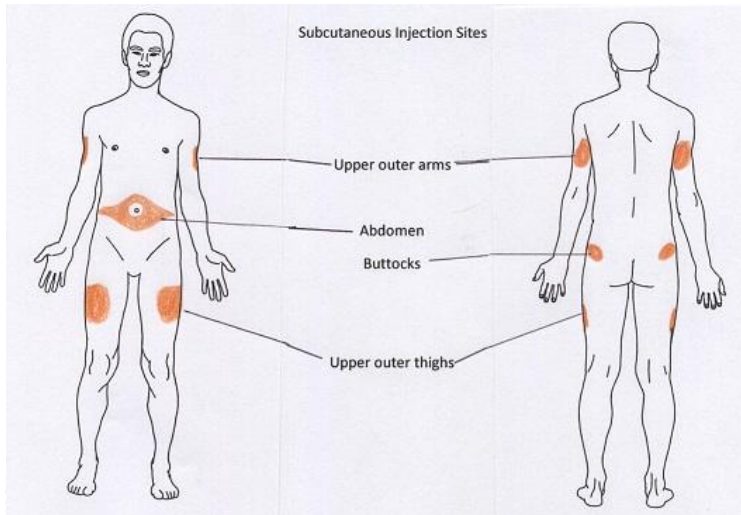


Correct Method for Administering SC Heparin/LMWH Injections



DEEP subcutaneous injection required. **Abdomen is preferred.** **BACK** of arm, outer thigh or buttock can be used but you must be able to pinch 5 cm (2") of subcutaneous fat.

Injection into muscle is CONTRAINDICATED.

Intramuscular injection produces unpredictable absorption and can cause deep hematoma and possible compartment syndrome.

Do not inject over the deltoid or muscle groups without a normal layer of subcutaneous fat. **Pinching technique is required to avoid muscle.** Extra caution is required in very thin patients.



Rotate Sites

Prior to injection, review MAR to identify location of last injection and alternate side. Avoid sites with visible injection marks. Abdomen is preferred (in a U shape), 5 cm (2") away from navel. **Document administration site/location in the MAR.**



Correct Technique

Pinch a subcutaneous fold of skin and maintain the pinch until completion of injection. This is essential to avoid muscle injection. Insert the needle as far as it will go into the skin fold. Gently hold a swab over the site but **DO NOT RUB** (this can cause bleeding).



DO NOT Remove Air

Removal of any small air bubbles will prevent administration of the full dose.



Correct Administration

Do not touch the activation clips at any time during use. This can prematurely trigger the safety mechanism making injection unusable. Inject at 90°