Dalteparin (Fragmin®)  
(A Low Molecular Weight Heparin)

Dalteparin (U.S.brand name: Fragmin®) is a medication used to control how blood clots. Your doctor has prescribed dalteparin for you either to take as long as you need to have your blood “thinned” or as a “bridge” until another drug called warfarin (also known as Coumadin® or Jantoven®) has time to work.

Although dalteparin is sometimes called a blood thinner; it really does not thin the blood. Instead, it slows the body’s ability to make a blood clot.

If you have questions about or problems with dalteparin injections, or you are experiencing unusual symptoms, call the person monitoring your Lovenox® dose:

☐ This person is your doctor: __________________Telephone: __________________
☐ AMS is your anticoagulation manager, Telephone: (617) 726-2768

Side Effects of Dalteparin

There is a risk of bleeding with dalteparin therapy. If you cut yourself, you may notice that it takes a longer time to stop bleeding. You may also notice that you bruise more easily. You may have slight bruising or pain around the area where you are receiving the injections. This is normal.

CALL YOUR DOCTOR RIGHT AWAY IF YOU HAVE:

- Bleeding coming from your mouth, nose or gums
- Blood in your sputum (spit) or you are coughing up blood
- Bruising that is worse than usual, occurs for no reason at all, or is painful
- Sudden pain and/or swelling
- Red or black (tar-like) stools
- Red or dark brown urine
- Bleeding from your vagina or a very heavy menstrual flow
- You have an unusual headache or problems with thinking or speaking
- Any weakness or numbness on your face, arms or legs
- Bleeding from a new surgical incision
- A bad fall or injury, especially if you hit your head
- Drainage, redness or pus from an injection site
• Allergic reactions have happened rarely. Get emergency help immediately if any of these occur. Symptoms include:
  o Hives
  o Swelling in your face
  o Breathing problems
  o Shock

**Dalteparin Injections**

• Dalteparin is only available in an injection form. The manufacturer supplies syringes that are color-coded based on the amount of dalteparin in each syringe.
• It is injected once or twice a day and is usually started in the hospital.
• Your dose is based on your medical condition and how much you weigh.

**Your dalteparin dose is: _________________.**

☐ **Inject the entire amount from the syringes provided, do NOT expel anything.**
   It is safe to inject the air bubble as you do not want to loose any of the drug.

☐ **Do NOT inject the entire amount in the syringes provided. Your physician has prescribed less than a full syringe.** Expel 0.1 ml of fluid from the syringes provided. Follow these steps to do this:
  ✓ Hold syringe like a pencil. Remove the needle cap. Do not push on plunger. -Turn the syringe needle pointing up. Be sure air bubble is at the top. If no air bubble, tap the syringe with your finger.
  ✓ Gently and slowly push the plunger to expel the air bubble and amount of medication you were instructed to remove. Use the plunger as the guide to remove the correct amount of fluid.
  ✓ If any fluid is on the needle, tap or shake the syringe to remove any excess but do not touch the needle.
  ✓ Pull back on the syringe just enough to replace the air bubble. This ensures that the correct dose will be completely administered in the injection.
  ✓ Proceed with giving the injection. See instructions:

  How to Give a Subcutaneous Injection for Lovenox®, Fragmin® or Fondaparinux®

**Once the injection is done and needle is removed, point the needle away from you and down. Firmly push on the plunger to activate the needle shield. The shield covers the needle. The syringe can now be disposed of as instructed.**
How and When To Take Dalteparin

- Dalteparin is given by injection just under the skin (called a sub-Q or subcutaneous injection) into the fatty tissue. Do not inject into the muscle.
- To avoid loss of drug, do not expel air bubbles from the pre-filled syringe before injection.
- At home, you, a family member or a visiting nurse will inject the drug.
- To minimize injection site bruising, rotate where the shots are given. Acceptable sites are: the U-shaped area below and at least 2 inches away from belly button. If you have help: left or right outer sides of the buttocks. Occasionally, if needed, the upper and outer sides of the left or right thigh can be used.
- Do not rub the site after injecting.
- Do not inject near surgical incisions or bandages.
- At home, you, a family member or a visiting nurse will inject the drug.
- Your injections should occur at about the same time every day.
- Store your dalteparin syringes at room temperature.
- Keep the syringes away from heat and direct light.
- Do NOT use the syringes after the expiration date.
- Keep syringes safely out of reach of children.

If You Forget To Take Your Dalteparin

- If you remember within 3 hours of your scheduled time – inject the dose and continue on your normal schedule.
- If you remember 3 hours or more after your scheduled time – call your doctor or the AMS.
- If you do not hear back from your doctor or the AMS before your next scheduled dose, inject the dose and continue on your normal schedule. Your doctor or the AMS may change your dosing schedule.

Monitoring

- Patients taking dalteparin should have a complete blood count and kidney function tests done before starting and as needed after that.
- If you also take warfarin, you will need additional blood tests.
- When the warfarin is working properly, your doctor or the AMS staff will let you know that you can stop the injections.
Special Diets

- We recommend that you eat a healthy balanced diet, a special diet is not needed.
- If allowed by your doctor, limit your alcohol intake to no more than two standard drinks a day. This means: 2 cans of beer OR 2 small glasses of wine OR mixed-drink type cocktails with 1 ounce of liquor.

Important Facts to Know When Taking Dalteparin

- Take only the drugs that your doctor has prescribed.
- If you see another doctor or dentist, tell them you are taking dalteparin.
- When filling a new prescription, always ask the pharmacist to make certain that it is safe to take the new medication with dalteparin.
- DO NOT take any over-the-counter medicines, herbal products or dietary supplements unless you have asked your doctor first.
- DO NOT take aspirin, ibuprofen (Advil® or Motrin®), naproxen (Aleve®) or similar products unless prescribed by your doctor.
- Always check the labels of over-the-counter drugs for aspirin (also called ASA, or acetylsalicylic acid). Many pain relievers and cold medicines (like Alka-Seltzer® or Pepto Bismol™) have aspirin in them.
- You may take aspirin free pain relievers like acetaminophen (Tylenol®).
- Please carry some form of drug alert identification while taking dalteparin.

Dalteparin and Pregnancy/Breast-Feeding

- Let your doctor know if you are pregnant or plan to become pregnant.
- Dalteparin should be used during pregnancy only if clearly needed.
- Let your doctor know if you are breast-feeding.
- It is not known if dalteparin affects a mother’s milk and should be used with caution.

Note: Please contact Lynn Oertel in AMS for questions about this instructional material. Reviewed 4/2012