

Any questions?

If you have any questions or concerns write them here don't hesitate to ask a Doctor or Midwife for advice.

For more information you may wish to visit:
www.rcog.org.uk

Contact:

By email: contactus@walsallhealthcare.nhs.uk

By Post:

Walsall Healthcare NHS Trust,

Manor Hospital,

Moat Road,

Walsall,

WS2 9PS.

By telephone: 01922 721172

Website: www.walsallhealthcare.nhs.uk

Walsall Maternity Services

**Injecting Enoxaparin
(Clexane) while pregnant
and after birth-
Information for you.**

What is Enoxaparin?

It is a drug that you inject to treat blood clots in the veins of your legs (deep vein thrombosis) or the arteries of your lungs (pulmonary embolism). The drug most commonly used in Walsall is known as Clexane.

Why do I need it?

You have been prescribed Enoxaparin because:

- you have developed a Clot in the vein in your leg or a clot on your lung during or following your pregnancy/birth.
- you have been assessed as 'at risk' of developing a blood clot during your pregnancy or just after birth.
- You have had surgery in pregnancy or for the birth of your baby, (this includes a Caesarean Birth).

What are the benefits?

- It prevents you from developing blood clots during your Pregnancy and following birth .
- It helps dissolve blood clots which can occur in pregnancy or after childbirth.

What are the risks?

- You may have bruising where you inject the Enoxaparin. This is normal and the bruises usually fade within a few days.
- Enoxaparin does not cross your placenta and it does not harm your developing baby.
- Injecting Enoxaparin into your tummy will not harm your baby.

How much do I need to inject and how many times a day?

The Doctor or Midwife will tell you how much you need to inject and how often. You will usually need one injection a day but occasionally it is required twice daily for some women.

How do I inject Enoxaparin?

A Midwife will show you how to inject yourself with Enoxaparin when you first start using it. They will give you a booklet, 'How to inject Clexane at home', which gives you more tips on injecting yourself.

The Midwife will also give you a 'sharps' bin to take home with you. Use this to safely dispose of the used syringes. Please return the full/used sharps bin to your GP surgery for disposal. You usually inject Enoxaparin into your tummy, away from your bellybutton area. But if you find it hard to inject into your tummy as your pregnancy progresses, Your Midwife or Doctor will advise you where else you can inject.

How long do I need to inject Enoxaparin?

In pregnancy, you will need to inject Enoxaparin for the rest of your pregnancy and usually for six weeks after you have had your baby. This will however depend a lot on the reason you were prescribed it. Some women only require Enoxaparin for 7 days. The doctor will discuss this with you.

It is very important that you take the full course of injections at the appropriate frequency that they have been prescribed for you.

What happens when I go into labour?

In the last weeks of your pregnancy the doctor or Midwife will discuss with you what you should do about the Enoxaparin when you go into labour. How your Enoxaparin injections are managed depends on how you plan to have your baby.

The main point to remember is : If at any time you think you are going into labour, do not inject any more Enoxaparin until you have seen a Doctor or Midwife.

Can I breast-feed when I am injecting Enoxaparin?

Yes, it is safe to breast-feed whilst receiving Enoxaparin.

Care after I have had my baby?

You may need to be seen by another Doctor called a Haematologist these are specialist Doctors which deal with people on Enoxaparin during pregnancy and after birth . If you have to continue with Enoxaparin for six weeks or more you have the option to change to a tablet form called Warfarin. The Doctor will explain the details to you if this is an option for you.