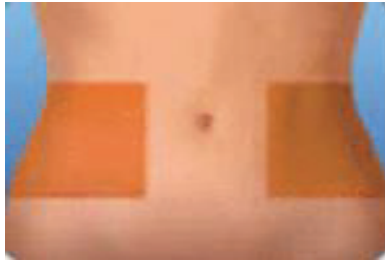




Lovenox® Self-Injection Step by Step Guide

1. Wash your hands with soap and water or hand sanitizer. Dry thoroughly.
2. Sit or lie in a comfortable position so you can see your stomach easily.
3. Choose an area on your stomach about 2 inches from your navel (belly button) toward the side.
 - Alternate sides for each injection.



4. Clean injection site with alcohol swab and let dry.



5. Remove needle cap by pulling it straight off syringe. Discard cap. Do not set the needle down or touch it. Keep needle sterile and clean.
 - Do NOT eject air bubble prior to injection
6. Hold the syringe like a pencil in writing hand.

7. With your other hand, pinch the cleansed skin with your thumb and forefinger to make a fold in the skin. Be sure to hold the skin fold throughout the injection. Insert the full length of the needle straight down at a 90 degree angle into the skin fold.



8. Press plunger all the way down until syringe is empty including the “air bubble”.
9. Pull needle straight out at the same angle it was inserted. You can now let go of the skin fold.
10. Point the needle down and away from yourself, and then push down on the plunger to activate the safety shield. You will hear it “click”.



11. You can hold some firm pressure over the injection site for a few minutes, but do NOT rub the site.
12. Discard syringe in a needle container or a glass jar.

Form Revision #	Form Changes
OHHP-F643 (N. 10/18)	Original