

# Heparin Injections

Heparin is prescribed to prevent thrombosis in people that need rest, for example if they have had an operation or have a leg in plaster or bandaged.

The syringes are ready-to-use with a very fine needle. The injections are given in the fat tissue under the skin, usually by the patients themselves.

To give yourself a heparin injection follow these instructions:

- Wash your hands with soap and water.
- Choose the place for the heparin injection. Remember that the injections should not always be given at the same site but should be rotated. This diagram shows the areas for injections.
- Clean the injection site with surgical spirit.
- Pinch the skin with the fingers of one hand and with the other hand stick the needle right in perpendicularly. **DON'T PULL OUT THE PLUNGER** (the inner part of the syringe used to inject the liquid), as this could damage the tissue and make a bigger bruise.

- Slowly inject the medication while still pinching the skin.

- With a dry cotton swab gently press the injection site, as you remove the needle. **DON'T MASSAGE** the area after the injection (you could make the bruise bigger).

Sometimes small bruises appear at the injection site, but they go away in a few days. They do not cause bleeding.

