

Use the day chart below each day; after injecting, mark with a X.

Wk	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1							
2							
3							
4							

## Useful Departments and Contact Numbers

### Enhanced Recovery After Surgery

Empowering our Patients  
Surgical Admissions Lounge  
Telephone 01942 822934

Langtree Ward  
Telephone 01942 922514

Swinley Ward  
Telephone 01942 822568

Orrell Ward  
Telephone 01942 822518

## Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

### Contact Us

Tel: 01942 822376 (Monday to Friday 9am until 4pm)

The Patient Relations/PALS Manager  
Wrightington, Wigan and Leigh Teaching Hospitals  
NHS Foundation Trust, Royal Albert Edward Infirmary  
Wigan Lane  
Wigan  
WN1 2NN

### Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the positives and negatives of each option for me?
3. How do I get support to help me make a decision that is right for me?

### How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

This leaflet is also available in audio, large print, braille, and other languages upon request.  
For more information please ask in the department/ward.

© Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust. All rights reserved. Not to be reproduced in whole or in part without the permission of the copyright owner.



# Self-Administration Guide for Fragmin Subcutaneous Injections

## Patient Information

The Patient Information Leaflets page on the Trust website is available on the link:  
<https://www.wwl.nhs.uk/patient-information-leaflets> or scan the QR code.



EMPLOYER RECOGNITION SCHEME

GOLD AWARD 2021

*Proudly serving those who serve.*

Author ID: CJ  
Leaflet Ref: ERAS 001  
Version: 1  
Leaflet title: Self-Administration Guide for Fragmin Subcutaneous Injections  
Date Produced: May 2022  
Expiry Date: May 2024

## Introduction

Dear Patient

Following your admission, your Hospital Doctor has prescribed you to have 28 days of Fragmin injections from the day of your surgery.

Fragmin is given to reduce the risk of developing a blood clot before or after an operation.

Please read and observe this leaflet carefully to support you in self-administering Fragmin Subcutaneous Injections safely and effectively.

Fragmin Injections may cause mild pain, bruising and/or a burning, itchy sensation to the skin.

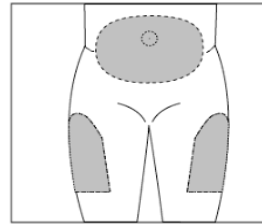
**Any other side effects should be checked with your GP/Pharmacist.**

## Be aware!

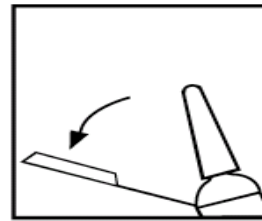
- Fragmin injections should be given at the same time every day.
- Always alternate the injection sites daily from left to right of the navel, or in the outer aspect of your thigh.
- There is a small air bubble in the syringe - this serves a purpose and should not be expelled prior to use.

## Step By Step Guide to Self-Administer Fragmin

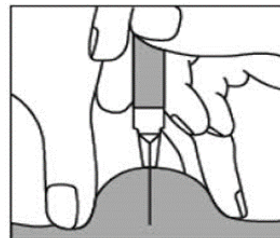
1. Have the syringe and sharps box ready.
2. Choose the site of injection. Left or right side of navel. Ensure that area is clean and dry. No alcohol wipe is necessary.



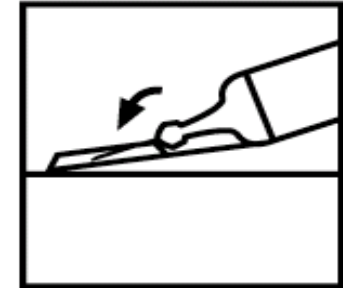
3. Remove the syringe from the packaging.
4. Pull back orange safety needle trap from the grey needle cap.



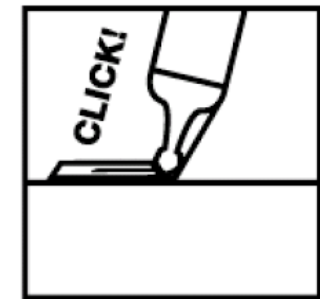
5. Pull off the protective rubber grey needle cap.



6. Administer injection into chosen site at a 90 degree angle, whilst pinching the skin. \*In slim/muscular patients, a 45 degree angle can be used.



7. Once the syringe is empty, withdraw from the skin, and press the syringe to a hard surface to close the orange safety cap over the needle point. Dispose of syringe following step 7 in the yellow sharps bin provided by the hospital. Once the course is completed, you may hand your yellow bin into your local pharmacy /hospital.



My injections need to be administered the same time every day at:

.....