

How to Inject Lovenox

Lovenox is an injectable medication used to reduce your risk of developing blood clots in the deep veins of your body; usually in your legs, that can lead to serious health problems.

If you have limited movement because of recent surgery or health issues, or you have a condition known as deep vein thrombosis, or DVT, you may need to inject Lovenox daily. Meet with your healthcare provider before you need to inject this medication to ensure you know how to inject it correctly.

To inject Lovenox, first, gather your supplies. They include: your pre-filled syringe, alcohol swab, and a sharps container or heavy plastic bottle.

Wash your hands thoroughly with soap and warm water and dry them.

Sit or lie in a comfortable position so you can see your abdomen or stomach area. Choose an injection site on either side of your stomach, at least 2 inches away from your belly button. Each time you inject, alternate the side you inject in while also changing the area. This will help keep your skin and underlying tissues healthy.

Clean the injection site with an alcohol swab and let it air dry.

Pull the needle cap straight off the pre-filled syringe and discard it.

Pinch up the skin on your injection site and while holding the syringe like a pencil, insert the full length of the needle straight down into your skin at a 90 degree angle.

Press the plunger down slowly. Make sure you empty the entire syringe so you get your correct dose.

Pull the needle straight out of your skin.

Point the needle down and away from you. Push down on the plunger to activate the safety shield.

After taking the injection, drop the syringe into a Sharps container, or a heavy plastic bottle with a tight fitting lid clearly labeled that it contains medical waste.

Keep your sharps container out of reach of children and pets. Once it is full, ask your healthcare provider or pharmacist about the correct way to dispose of it in your area.

With time and practice, injecting Lovenox will get easier and become routine. If you have any questions about how to properly inject your Lovenox, talk to your healthcare provider.