

## ENOXAPARIN (LOVENOX®)

### Patient Education Handout

#### What is Enoxaparin?

Enoxaparin (brand name is Lovenox), a low-molecular-weight heparin, is an anticoagulant. It is used to help reduce the risk of formation of blood clots in patients at risk and to treat patients who already have blood clots.

#### Why do I have to take enoxaparin?

- To prevent blood clots if you are at risk for clots.
- If you have already had a blood clot.
- If you have an irregular heartbeat.
- If you have a mechanical heart valve.

#### What is a blood clot?

- A blood clot is when your blood clumps together.
- This is not supposed to happen and when it does, the clot can break apart and possibly cause a stroke or pulmonary embolism (blood clot in lungs).

#### When should I give my enoxaparin?

- At the same time every day
- Give only the amount prescribed to you
- Do not change dose unless instructed by your doctor to do so

#### How do I take enoxaparin?

- Enoxaparin is given by a shot under the skin
- You, your parent, or a caregiver can give the shot
- Give the shot in a different place every day
- A healthcare professional will show you how to use enoxaparin before you go home

#### Can I play sports while I am taking enoxaparin?

- Avoid playing contact sports or participating in high risk sports activities (examples: football, boxing, ice hockey, dodgeball)



#### Do I have to get my blood checked?

- Yes, you may need to go to the clinic or a special laboratory to get your blood checked. You will find out your anti-Factor Xa levels.
- At first you will go more often. This will help your doctor make sure you are getting the right dose of enoxaparin.
- Your enoxaparin dose may be changed based on your lab results.

#### What does "anti-Factor Xa" mean?

- Factor Xa is a clotting factor that enoxaparin blocks to make your blood thinner.
- Anti-Factor Xa level is a measure of how well the enoxaparin is working

#### What do the numbers mean?

- This test measures how fast your blood clots.
- Higher numbers mean that your blood is thinner.

What are the side effects that could happen when I take enoxaparin?

\*\*\*Enoxaparin can increase your risk for bleeding and bruising\*\*\*

- Bruising is normal at the place where the shot was given

Tell your doctor if you have any of these side effects:



- Bleeding
  - Nosebleeds, cuts that take longer to stop bleeding, gum bleeding, heavy bleeding with menstrual period
  - Pink or brown urine, red or black stool or vomit

What are the serious side effects of enoxaparin?

Get immediate medical attention if you have:



- Severe headache
- Head injury
- Serious injury to other parts of body
- Bleeding that will not stop after pressure is applied for at least 10 minutes
- Difficulty talking or weakness on one side of body

What else should I tell my doctor?

- Did you miss any doses?
- Any planned surgeries? Any dentist visits or procedures?
- Always tell your doctor and pharmacist what medications you are taking.

Can other medications change my Anti-Factor Xa level or increase my risk of bleeding?

- Yes, this is why it is very important to ask your doctor before you start or stop any medications.



- Examples:
  - Pain medications: Aspirin, Ibuprofen, Naproxen
  - Herbal supplements
    - Ginger
    - Garlic
    - Ginseng
    - Alfalfa
    - Anise
    - Bilberry
  - Supplements with Vitamin E

If you have any questions about enoxaparin, please contact:

**Children's Medical Center Dallas**

**The Heart Center**

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Monday through Friday  
8am-5pm  
Phone: 214-456-2333  
Fax: 214-456-6154

**The Center for Cancer and Blood Disorders (CCBD) Hemophilia and Thrombosis Program**

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Monday through Friday  
7:30am-4:30pm  
Phone: 214-456-2379  
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