

Injection technique using a pre-filled innohep[®] safety syringe



Graduated syringes

18,000 units
14,000 units
10,000 units



Non-graduated syringes

4,500 units
3,500 units
2,500 units



units = anti-Xa IU



Adjust this part of the plunger (not the pointed tip) to dose marking, if needed.

Please consult the Consumer Information leaflet contained in your product package prior to use for important safety information regarding your innohep[®] prescription.

Keep your materials clean, at room temperature (15 to 25°C), away from direct sunlight, and stored safely away from children. Inspect the syringe before use to make sure it is not damaged. If the medicine is cloudy or has particles in it do not use it; a clear to slightly yellow solution is fine to use.

Wash your hands, and get your injection materials handy: alcohol swab, cotton swab, innohep[®] syringe, a calendar or an injection log book (sharps container and cold pack if you are using them).

Pick an injection site.

innohep[®] should be injected just under the surface of the skin (subcutaneously) and the fatty tissue of the lower abdomen is a recommended site for injection. Alternative sites include the sides of the thigh, back of upper arm and fatty areas of upper buttocks. Be careful not to inject into muscles, veins or arteries.

Avoid injecting in the belly button area, areas with scars, bruised areas, recent injection sites, or areas in which tight clothing will be worn overtop (e.g. area under waistband).

If you are pregnant and have any concerns regarding injecting into your stomach, please check with your health care team.

Gently wipe the selected site with an alcohol swab, and allow the area to dry.

(Chose a different site when you give your next injection)

Remove the syringe from the tube by fully bending back the coloured lid on the tube. Tip the tube, and carefully remove the syringe.

Inspect the syringe for damages and defects.



Flip down the orange safety shield so that it is away from the rubber cap.

Then pull off the grey rubber cap which protects the needle. Pull it straight off, being careful not to bend the needle.

Do NOT remove the grey rubber cap before flipping down the orange safety shield first.

You may now wish to sit down and get comfortable before injecting yourself.

If you need to adjust your dose, refer to the dose marking on the left hand side of this poster. Hold your syringe up and away from you, tap the syringe to move any air bubbles to the top, and gently push the plunger until the top edge (not pointed peak) of the black plunger is at the proper dose level.

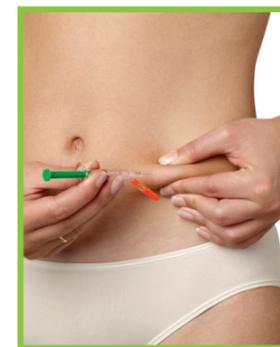
If you do not need to adjust your dose, there is no need to remove the air bubble from the pre-filled syringe.

Gently gather a fold of skin in the area that you have previously cleaned.

Hold the syringe barrel like a pencil in your writing hand. With the orange shield out of the way, gently push the needle into this fold of skin at a 90° angle.

Once the full length of the needle is under the skin, use your thumb or index finger to slowly push the plunger. Take your time, and inject ALL of the medication.

Wait a few seconds, and then gently remove the needle from your skin at the same angle it entered, and release the fold of skin. Do not rub the area.



Using the edge of a hard surface, bring the orange safety shield up from underneath and back to its original location. Position the needle into the small grooves in the orange shield.

Fully lock the needle into the orange shield by pressing down firmly on the syringe until the needle is bent as shown in the photo. You should hear a click.

Do NOT use your finger to try to lock the needle into the orange safety shield.

Do NOT play with the syringe after the needle has been locked into the orange safety shield.

Dispose of the used shielded syringe safely into a sharps container or into the original tube.

If you are using the original tube, carefully place the used syringe into the tube with the shielded needle facing down. Push down on the tube's lid until you hear it click into place.

Keep all used syringes out of the reach of children.

Hold a cotton swab against your injection site as you sit still for a few minutes.

Do not rub or massage the injection area, wear any tight clothing (e.g. waistband) against it, or apply heat to the area as this may increase the risk of bruising. (Some health care providers may suggest applying a cold pack against the injection site. If you do, be careful not to freeze your skin.)

Record your injection site location in a calendar or an injection log book and put away your materials in a safe location until the next dose.



For the product monograph or further information, please contact Medical Information at LEO Pharma Inc. 1-800-263-4218

1. innohep[®] 2011 Product Monograph and Consumer Information.



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