What is heparin?

Heparin is a drug used to treat and prevent thrombosis. This is a condition characterised by blood clotting within a blood vessel. Treatment attempts to prevent thrombus moving, breaking or increasing and can cause negative effects on the patient.

Such treatment generally involves no side effects, except for a small local hematoma at the puncture site.

Which are the puncture zones?

The most suitable injection zones are:
- The abdomen except a circle of 1 cm around the umbilical area. It is the preferred site of injection.
- The side and back of the arm. The middle of the side of the thigh.
- We recommend you do not continue to use the same puncture site.

How to administer heparin?

- Wash your hands and disinfect the injection site with a circular motion using a cotton swab dipped in alcohol or an antiseptic.
- Form a skin fold with thumb and index fingers, without pressing.
- The syringes are ready for use. DO NOT DISCARD THE AIR. Take syringe with thumb and index of the other hand.
- Insert the entire needle with a 90° angle. Pull back the plunger to check that you have not punctured a blood vessel. If you have not punctured a blood vessel. If you see blood in the syringe, remove the needle. Then try at another point.
- Inject the liquid slowly keeping the skin fold.
- After injecting the liquid remove the needle, release the skin fold, and apply a dry cotton ball without pressure on the puncture site.
You should remind your doctor about:

- Skin lesions (necrosis, urticaria or allergic reaction)
- Small wounds that bleed more than 30 minutes
- Bleeding from nose or gums.
- Vomiting blood.
- Black stools and/or blood.
- In women, abundant menstruation.

The doctor will assess the need to continue the treatment or not.

THINGS TO REMEMBER:

- Always wash your hands and work on a clean surface.
- Change the injection sites so that each area is healed between injections.
- Avoid injecting close to scars or bruises.
- If appears blood in the syringe, remove it and push it somewhere else.
- Do not rub the injection site.
- In any case do not hesitate to ask your nurse.

Information for patients and caregivers on administration of subcutaneous heparin.

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