

“Enoxaparin 依诺肝素” 治疗

品牌名: Lovenox

本手册介绍一种名为 “enoxaparin 依诺肝素” (品牌名: Lovenox) 的血液稀释药物的治疗方法

什么是依诺肝素?

依诺肝素 (Lovenox) 是一种血液稀释 (抗凝) 药物。它用于防止血栓形成、治疗新出现的或已经存在的血栓。

为什么我需要使用依诺肝素?

该药物可用于:

- 在医院期间预防血栓。
- 在家中预防血栓, 如果您有此类风险。
- 治疗新出现的血栓。
- 帮助您 “过渡” 到 “Warfarin 华法林”, 一种可以口服的血液稀释剂。华法林用于辅助治疗以下疾病:
 - 心房颤动 (心跳异常)
 - 中风
 - 心脏病发作
 - 深静脉血栓 (静脉中的血凝块, 也称为 DVT)
 - 肺栓塞 (肺部血栓, 也称为 PE)
 - 心脏瓣膜疾病或心脏瓣膜置换术



如果对使用 “enoxaparin 依诺肝素” 有疑问, 请咨询您的医生或抗凝血诊所。

如何给自己注射依诺肝素?

依诺肝素以皮下 (皮肤以下) 注射形式给药。您可以自己注射, 也可以让家人或朋友为您注射。

请参阅讲义 “How to Give Yourself a Subcutaneous (SQ) Injection (如何给自己进行皮下 (SQ) 注射)” 以了解操作步骤。



使用手机摄像头
扫描即可获得此
讲义的数码副本

我应该接受多少份量？

依诺肝素是预先装在注射器中的。根据您的需要剂量，您可以给自己注射整筒注射器的份量或只注射一部分。您的药剂师将为您提供有关注射份量以及每天注射次数的完整说明。

重要提示：请坚持给自己注射，直到您的医生或抗凝诊所告诉您停止。

依诺肝素有哪些副作用？

依诺肝素的副作用可能包括：

- 注射部位疼痛、不适和轻微瘀伤。
- 轻微出血，例如：
 - 刷牙时牙龈出血
 - 流鼻血
 - 容易出现瘀伤
 - 产生小伤口后出血稍多
 - 对于女性：月经出血时间较长

何时致电

如果您出现以下状况，请致电您的医生或抗凝诊所，或**立即**前往医院的急诊室：

- 严重摔倒
- 碰撞了您的头
- 有任何以下**大出血**的症状：
 - 红色或深棕色尿液
 - 红色或黑色、柏油样粪便
 - 呕血或咳血
 - 剧烈头痛或胃痛
 - 很多瘀伤，或者您无法解释的瘀伤
 - 注射部位出现很大的瘀伤
 - 流鼻血，牙龈流血，或者经常发生异常的流血
 - 任何不停的流血或者大量的流血

血栓

极少数情况下，即使您正在服用预防药物，也可能会出现血栓。血栓可能发生在您的腿部（deep vein thrombosis 深静脉血栓形成）、肺部（pulmonary embolism 肺栓塞）或大脑（stroke 中风）。

如果您出现以下任何症状，请致电您的医生或抗凝诊所或**立即**前往急诊室：

- 手臂、腿或脚出现新的疼痛、肿胀、发红或发热
- 新出现的呼吸短促、胸痛或心跳加快
- 新出现的咳嗽，包括咳血
- 面部、手臂或腿部突然麻木或无力
- 突然的头脑混乱
- 突然出现说话困难或言语理解困难
- 一只或两只眼睛突然出现视力障碍
- 突然行走困难、头晕、失去平衡或协调

如果我漏服一剂药该怎么办？

- **不要**为了“补回”而加倍剂量。
- 如果您**每天服用 1 次**依诺肝素而漏服了药：
 - 如果您在当天较晚时才想起它，请在想起时服用您的剂量。
 - 如果您直到第二天才想起，请忽略错过的剂量。在正常时间服用正常的剂量。
- 如果您**每天服用 2 次**依诺肝素但漏服了一次：
 - 当您想起来时补服漏服的剂量，然后在 12 小时后服用下一剂。您将遵循一个新的时间表。

尽量不要错过任何剂量的依诺肝素。如果您不确定如何处理错过剂量，请致电您的医生或抗凝诊所。

我还应该采取哪些其他预防措施？

立即致电您的医生和/或抗凝诊所，如果：

- 您计划进行手术或任何其他医疗操作，包括牙科治疗
- 其他人告诉您停止或改变依诺肝素剂量
- 您怀孕了或计划怀孕

如何安全地处置“锐器”（针头）？

重要提示：**请勿**将针头或注射器冲入马桶。

- 将所有用过的注射器安全地放入“锐器容器”或其他塑料容器中，例如空果汁瓶。您可以在药房购买锐器容器。请将针头留在注射器上。
- 将用过的锐器容器存放在儿童和宠物接触不到的地方。
- 询问您的药剂师是否可以将装满的锐器容器带回药房丢弃。如果可以的话，将装满的容器放置在那里。
- 您也可以将锐器容器交给公共卫生诊所。请向前台工作人员寻求帮助。
- 或者，您可以每天 24 小时将锐器容器安全地放置在一些公共卫生诊所外的投放箱中。请咨询您当地的公共卫生部门或消防部门，了解投放箱的位置。
- **将用过的针头（锐器）或注射器放入普通垃圾桶或回收容器中是违法的。**如果您的垃圾收集人员在您的垃圾中发现了针头或者注射器，他们就不会收集你的垃圾。您可能被罚款。

有疑问吗？

你的提问很重要。如果您有疑问或疑虑，请致电您的医生或医疗服务提供者。

抗凝诊所：

- **UWMC 华大医疗中心 – Montlake 蒙特湖院区：** 206.598.4874
- **UWMC 华大医疗中心 - Northwest 西北院区：** 206.668.1282
- **Harborview Medical Center 港景医疗中心：** 206.744.2976

下班时间以及周末和节假日，请致电 206.598.6190 并要求传呼 Anticoagulation Clinic pharmacist 抗凝诊所值班药剂师。

Treatment with Enoxaparin

Lovenox



This handout explains treatment with a blood-thinning medicine called enoxaparin (brand name Lovenox).

What is enoxaparin?

Enoxaparin (Lovenox) is a blood-thinning (*anticoagulant*) medicine. It is used to keep blood clots from forming or to treat a new or existing blood clot.

Why do I need to take enoxaparin?

This drug may be given to:

- Prevent blood clots while you are in the hospital.
- Prevent blood clots at home, if you are at risk.
- Treat new blood clots.
- Help “bridge” your transition to Warfarin, a blood thinner that you can take by mouth. Warfarin is used to help treat:
 - *Atrial fibrillation* (abnormal heartbeat)
 - Stroke
 - Heart attack
 - *Deep vein thrombosis* (a blood clot in a vein, also called DVT)
 - *Pulmonary embolism* (a blood clot in the lungs, also called PE)
 - Heart-valve disease or heart-valve replacement



Talk with your doctor or your Anticoagulation Clinic if you have questions about taking enoxaparin.

How do I give myself enoxaparin?

Enoxaparin is given as a *subcutaneous* (under the skin) injection. You can inject yourself or have a family member or friend do it for you. See the handout “How to Give Yourself a Subcutaneous (SQ) Injection” for step-by-step instructions.

How much should I take?

Enoxaparin comes in a pre-filled syringe. Depending on your dose, you may give yourself a full syringe or only a portion of a syringe. Your pharmacist will give you full instructions on how much to inject and how many times a day to give yourself an injection.

Important: Keep giving yourself your injections until your doctor or Anticoagulation Clinic tells you to stop.



Scan for a digital copy of this handout.

What are the side effects of enoxaparin?

Side effects from enoxaparin can include:

- Pain, discomfort, and minor bruising at the injection sites.
- Minor bleeding, such as:
 - Gum bleeding while brushing your teeth
 - Nosebleeds
 - Easy bruising
 - More bleeding after minor cuts
 - Longer menstrual bleeding

When to Call

Call your doctor or Anticoagulation Clinic, or come to the hospital emergency department **right away** if you:

- Have a serious fall
- Hit your head
- Have any of these symptoms of **major bleeding**:
 - Red or dark brown urine
 - Red or black, tarry stool
 - Vomiting or coughing up blood
 - Severe headache or stomachache
 - A lot of bruises, or bruises that you cannot explain
 - Very large bruises at the injection sites
 - Nosebleeds, bleeding gums, or unusual bleeding that happen often
 - Any bleeding that doesn't stop or is very heavy.

Blood Clots

Rarely, you may get a blood clot even though you are taking a drug to prevent them. Clots may occur in your leg (*deep vein thrombosis*), in your lung (*pulmonary embolism*), or in your brain (*stroke*).

Call your doctor or Anticoagulation Clinic or go to the emergency room **right away** if you have any of these symptoms:

- New pain, swelling, redness, or heat in your arm, leg, or foot
- New shortness of breath, chest pain, or rapid heartbeat
- New cough, including coughing up blood
- Sudden numbness or weakness of the face, arm, or leg
- Sudden confusion
- Sudden trouble speaking or understanding speech
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination.

What should I do if I miss a dose?

- Do **not** double your dose to “catch up.”
- If you take enoxaparin **1 time a day** and miss a dose:
 - If you remember it later the same day, take your dose when you remember it.
 - If you don’t remember it until the next day, skip the missed dose. Take your usual dose at the normal time.
- If you take enoxaparin **2 times a day** and miss a dose:
 - Take the missed dose when you remember it, then take the next dose 12 hours later. You will be on a new schedule.

Try not to miss any doses of enoxaparin. Call your doctor or Anticoagulation Clinic if you are not sure what to do about a missed dose.

What other precautions should I take?

Call your doctor and/or Anticoagulation Clinic **right away** if:

- You are scheduled for surgery or any other procedure, including dental work
- Anyone else tells you to stop or change your enoxaparin dose
- You become pregnant or are planning to become pregnant

How do I dispose of “sharps” (needles) safely

Important: Do **not** flush needles or syringes down the toilet.

- Safely place all used syringes in a “sharps container” or other plastic container, such as an empty juice bottle. You can buy a sharps container at a pharmacy. Leave the needles attached to the syringes.
- Store your used sharps container out of reach of children and pets.
- Ask your pharmacist if you can bring the filled sharps container back to the pharmacy for drop-off. If you can, drop off your full container there.
- You can also drop off your sharps container at a public health clinic. Ask staff at their front desk for help.
- Or you can safely dispose of your sharps container 24 hours a day in drop boxes outside some public health clinics. Check with your local public health department or fire department for drop-box locations.
- **It is illegal to put used needles (sharps) or syringes in your regular garbage can or recycling containers.** If your trash collector finds needles or syringes in your trash, they will not pick up your trash. You might also have to pay a fine.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Anticoagulation Clinics:

- **UWMC – Montlake:** 206.598.4874
- **UWMC – Northwest:** 206.668.1282
- **Harborview Medical Center:** 206.744.2976

After hours and on weekends and holidays, call 206.598.6190 and ask for the Anticoagulation Clinic pharmacist on call to be paged.