

How can I help reduce healthcare associated infections?

Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand rub (special gel) available at the main entrance of the hospital and at the entrance to every ward before coming in to and after leaving the ward or hospital. In some situations hands may need to be washed at the sink using soap and water rather than using the hand rub. Staff will let you know if this is the case.

www.buckshealthcare.nhs.uk

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Starting FRAGMIN (HEPARIN) Treatment

Patient Information Leaflet

If you require a translation or an alternative format for this leaflet please ask for assistance.

Safe & compassionate care,

every time

STARTING FRAGMIN (HEPARIN) TREATMENT

Heparin (Fragmin) is a short acting blood thinner (anticoagulant) given by subcutaneous injection- just under the skin. This is prescribed to treat or when a blood clot, deep vein thrombosis (DVT) or pulmonary embolus (PE) blood clot in the lungs may be suspected.

Symptoms that may be experienced by someone with a blood clot are pain and swelling in the leg (DVT), shortness of breath and chest pain (PE).

Blood tests and an ultra sound or CT scan, will be arranged to confirm the correct diagnosis. To prevent a possible blood clot progressing you will be prescribed Fragmin.

You will be give the first injection of Fragmin in the hospital/specialist clinic, and continue on this until a diagnosis is made.

You will be advised by a medical professional how to self-inject using the correct technique, and given a sharps box to safely dispose of used needles.

If the scan confirms a blood clot following an assessment by a doctor, the appropriate oral anticoagulant will be prescribed for you. A follow up appointment will then be arranged in the nearest available clinic, either Stoke Mandeville, High Wycombe or Amersham. Further advice and information will be given to you regarding ongoing treatment at the anticoagulant clinic.

YOU MUST continue with Fragmin injections until advised by a Health Care Professional to **STOP**.

If you run out of Fragmin, **PLEASE CONTACT THE DEPARTMENT WHO FIRST PRESCRIBED THIS FOR YOU**.

It has been shown that treatment at home for DVT/PE is as safe as treatment given in hospital.

If you have a problem – although side effects are very rare, they can happen when any new treatment is prescribed. If the following symptoms occur you should contact your GP, A&E or the Ambulatory Emergency Care Unit, if you are still under investigation with them.

- Unexpected bleeding, not bruising or small nose bleeds.
- Increased breathlessness, further chest pain, dizziness or extreme fatigue.

How to contact the clinics:

Ambulatory Emergency Care Unit
01296 318175/316073

Minor Injuries and Illness Unit Wycombe Hospital
01494 526161

Stoke Mandeville Hospital Anticoagulation Clinic
01296 315510

3B Wycombe Hospital Anticoagulation Clinic
01494 426270