

How should Clexane be stored?

It does not need to be kept refrigerated. It is important to keep the stock of injections in a safe place, out of reach of children. Used sharps boxes should be closed / locked and returned to the hospital for safe disposal.

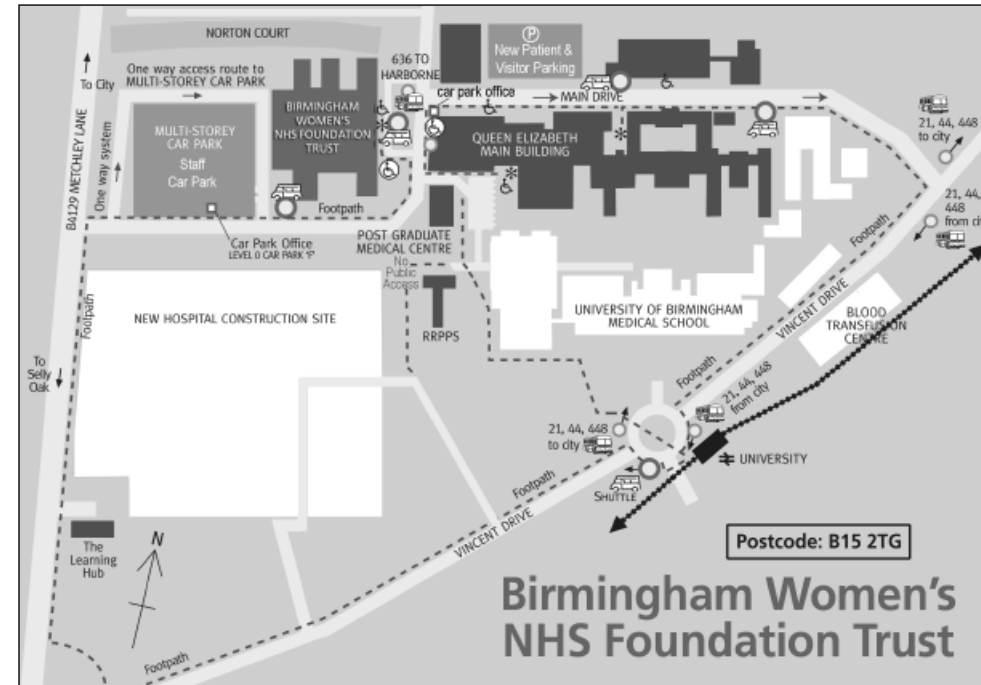
What are the signs and symptoms of a blood clot?

A clot in the leg (DVT) may show as pain or swelling in one leg. The skin on the leg may look red or feel hot to touch. If you think you may have a DVT you should call your GP or go to your local Accident and Emergency Department.

A clot in the lungs (PE) may show as sudden onset of severe chest pain (especially when breathing in) or difficulty in breathing that doesn't go away. If you think you may have a PE, you should call an ambulance or go urgently to your local Accident and Emergency Department.

It is important for us to try to reduce the risks of complications following a birth, and giving Clexane is one of the ways to do that. However, it is important to remember that most women who have a baby will not develop clots and will be safe, healthy and happy after the birth of their baby, maybe just a bit tired !

If you have any concerns about your Clexane treatment please speak to your community midwife, telephone the ward you were on, or you can contact Pam Jordan (Specialist Midwife) on 07814 685 081 (Monday – Friday 08.30-16.30).



KEY	
Bus Stop Centre / WM	Hospital Entrance
Shuttle Bus Stop* (Pick-up and drop off 7am to 7pm)	Disabled Entrance
<small>*The Q-Park Shuttle Bus is a free service and is available from various locations around the QE site to transport patients and visitors to the main QE hospital, BWH hospital and QEP hospital buildings.</small>	Disabled Parking
	Parking
	Railway Station

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Postnatal Clexane Treatment

An information leaflet for women who need treatment to prevent blood clots after the birth of the baby

Printed by Kall Kwik Walsall. Tel: 01922 722022 Ref 159/10/09. Review April 2011

What is Clexane?

Clexane is the trade name for a type of heparin. It is a blood-thinning drug which is used to reduce the chances of blood clots in the leg (deep vein thrombosis or DVT) or lungs (pulmonary embolism or PE). It is given by injection under the skin.

Why do I need Clexane?

In the first few days and weeks after the birth of a baby, there is an increased chance for the mother to develop blood clots in the veins of the leg. This is due to the natural changes in the body during pregnancy and around the time of the birth. These changes can make the blood more "sticky" and more likely to form clots.

Some other factors can also increase the chances for a new mother to form clots, and these include :

- Having an operation (such as a caesarean section) or a very long labour or difficult delivery.
- Being overweight or aged over 35 years.
- Having had more than 4 children.
- Certain medical conditions or abnormalities of the blood.
- Not being very mobile, or active, in the first week after the birth.

We advise that women who have these additional risk factors have some treatment to reduce the chances of them developing a blood clot. This treatment will normally be Clexane injections for 5 days after the birth, but some women may need treatment for longer than this.

What are the benefits of Clexane treatment?

The main benefit is helping to reduce the chance for you to develop a blood clot which could be dangerous for your health, especially if a clot in the leg (DVT) becomes dislodged and travels to the lungs (a PE).

Are there any risks with Clexane treatment?

It is sometimes possible that the normal vaginal bleeding that happens after the birth of a baby can be slightly heavier. There may be a slightly increased risk of getting a haematoma (internal bruising). Very rarely, a rash can occur at the injection site. Clexane has been used safely by thousands of women during pregnancy and after the birth.

Can I breastfeed my baby whilst on Clexane treatment?

YES, there are no known risks to the baby if a breastfeeding mother is having Clexane treatment, and we know that breastfeeding is the healthiest way to feed a new baby

Is there an alternative to Clexane?

No, not for short term use. Clexane or similar types of heparin are the best way to prevent clots. However, if you decide that you do not wish to have Clexane treatment, you can still try to reduce the chances of developing a blood clot by following these simple measures :

- Drink plenty of fluids to avoid becoming dehydrated.
- Keep mobile! Where possible try to avoid spending long periods sitting or lying down except when sleeping.
- If you do need to sit or lie down for long periods, try to do some gentle leg exercises to stretch the calf.

You may be given a pair of elastic compression stockings to wear by the staff on the ward. If you are given these, we recommend that you wear them for the first five days after the birth of the baby, or until you are fully mobile if that takes longer than five days. They can be taken off at night. Occasionally, some women will be asked to wear the stockings for up to 6 weeks.

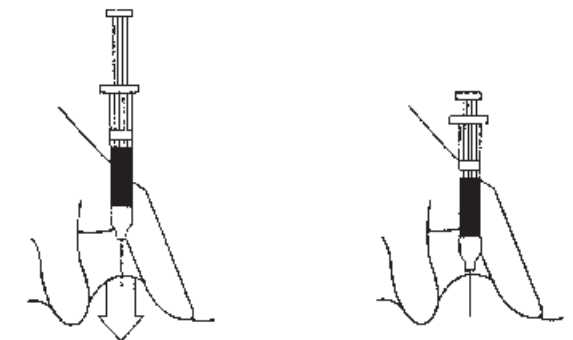
Giving the injections

While you are in hospital a midwife will give your injection, and then show you how to give the injection yourself. Although many women are nervous about this, it is very simple to do and women usually manage without any problems.

The syringes come ready prepared with the correct dose for you to give. The needle on the syringe is very fine, and although the injection may sting slightly, it is not usually too painful. You will be given a sharps box so that you can dispose of the syringes safely.

Instructions

- Make sure you have a sharps box and cotton wool ball ready for after the injection.
- Wash your hands before giving the injection.
- It is best to give the injections into the skin of your tummy, avoiding the area near to your belly button. You can use your upper thigh if preferred.
- Hold the syringe firmly (like a dart) and, with the other hand, pinch as large a roll of skin as possible.
- Push the needle directly down into the skin. When all of the needle is in the skin, press the plunger of the syringe down firmly until all of the Clexane has been injected. Do not worry about any small air bubble in the syringe.



- Take out the needle and press on the injection site with cotton wool for 2 minutes. Do not rub the area.
- Put the syringe straight into the sharps box and close the lid.
- Avoid any sore, red or bruised areas and try to use a slightly different site for the injection each time.

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