Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Self-Administration Guide for Fragmin Subcutaneous Injections

Version number: **1**
Last modified date: **12th November 2026**

Self-Administration Guide for Fragmin Subcutaneous Injections

Patient Information

Surgical Admissions Lounge

- Author ID: CJ
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Introduction

Following your admission, your Hospital Doctor has prescribed you to have 28 days of Fragmin injections from the day of your surgery.

Fragmin is given to reduce the risk of developing a blood clot before or after an operation.

Please read and observe this leaflet carefully to support you in self-administering Fragmin Subcutaneous Injections safely and effectively.

Fragmin Injections may cause mild pain, bruising and/or a burning, itchy sensation to the skin.

Any other side effects should be checked with your GP/Pharmacist.

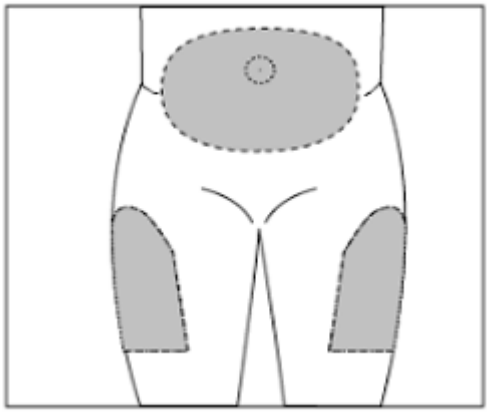
Be aware!

- Fragmin injections should be given at the same time every day.
- Always alternate the injection sites daily from left to right of the navel, or in the outer aspect of your thigh.
- There is a small air bubble in the syringe - this serves a purpose and should not be expelled prior to use.

Step By Step Guide to Self-Administer Fragmin

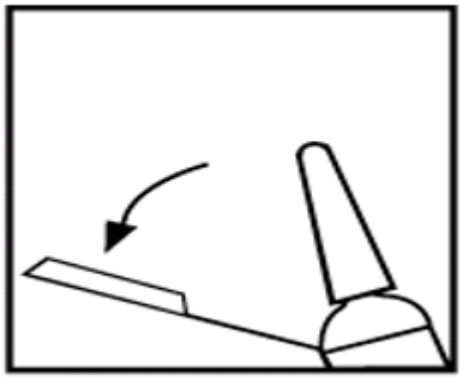
- Have the syringe and sharps box ready.

- Choose the site of injection. Left or right side of navel. Ensure that area is clean and dry. No alcohol wipe is necessary.

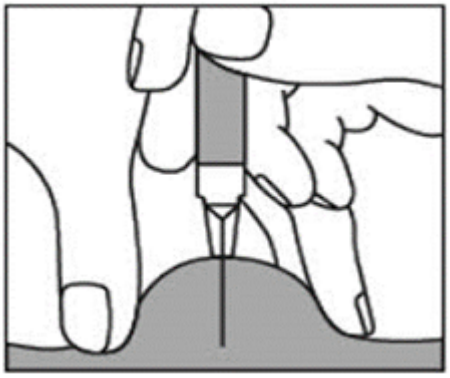


- Remove the syringe from the packaging.

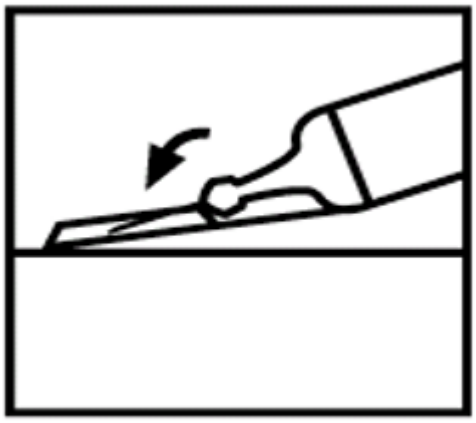
- Pull back orange safety needle trap from the grey needle cap.



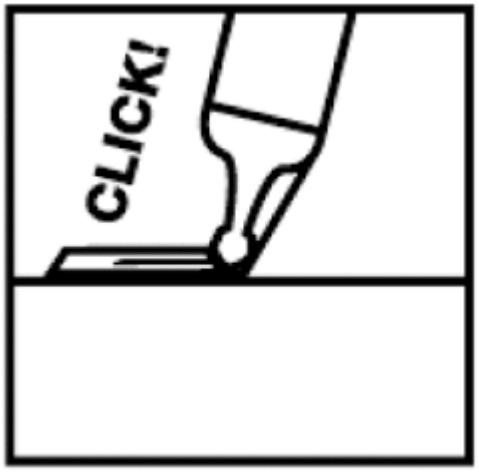
- Pull off the protective rubber grey needle cap.



- Administer injection into chosen site at a 90-degree angle, whilst pinching the skin. *In slim/muscular patients, a 45-degree angle can be used.



- Once the syringe is empty, withdraw from the skin, and press the syringe to a hard surface to close the orange safety cap over the needle point. Dispose of syringe following step 7 in the yellow sharps bin provided by the hospital. Once the course is completed, you may hand your yellow bin into your local pharmacy /hospital.



My injections need to be administered the same time every day at:

……

Use the day chart below each day. After injecting, mark with an X.

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1							
2							
3							
4							

Useful Departments and Contact Numbers

Enhanced Recovery After Surgery

Empowering our Patients

Surgical Admissions Lounge

Telephone 01942 822934

Langtree Ward

Telephone 01942 922514

Swinley Ward

Telephone 01942 822568

Orrell Ward

Telephone 01942 822518



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