

Extended Thromboprophylaxis after Abdomino-Pelvic Surgery Patient Education

The purpose of this document is to be a resource tool for patients after discharge. This document is to be used in conjunction with the Extended Thromboprophylaxis for Patients after Abdomino-Pelvic Surgery Discharge and Follow-up Order Set.

Patient Education

Frequently Asked Questions

What does a blood thinner do?

Blood thinners help prevent the formation of blood clots in your body.

What are the possible side effects?

Blood thinners can cause increased risk of unusual bleeding. Seek medical attention if you have any unusual bleeding from your surgical site or needle injection sites.

What should you avoid when on blood thinners?

Blood thinners may cause you to bleed more easily. It is important that your primary care practitioner is aware of all the medication you are on.

What happens if you miss a dose?

Take the dose as soon as you remember. You can skip the missed dose if it is almost time for your next scheduled dose. It is not recommended to use extra medicine to make up the missed dose.

Your blood thinner should be used exactly how it is prescribed to you by your primary care practitioner. This medication should be given at the same time every day and should not be injected into the same site two times in a row.

Steps for Injection Under the Skin

Step 1:

- Wash and dry hands thoroughly.
- Sit or lie in a comfortable position. Your injection site should be on the right or left side of your abdomen, 2 inches away from your belly button. Do not inject into bruised skin.
- Clean the injection site in a circular motion with an alcohol swab and let dry.

Step 2:

- Remove the needle cap by pulling it straight off the syringe in one motion and discard in the sharps container.
- With your other hand, pinch the cleansed area to make a fold in the skin. Give the injection at a 90-degree angle, straight down into the pinched skin.
- Press the plunger with your thumb until the medication syringe is empty. Pull the needle straight out. Apply light pressure to the skin at the injection site for several seconds with an alcohol swab.

Step 3:

- Place the syringe in a sharps container. Contact your local pharmacy for disposal of sharps containers.

Additional Resources

- Thrombosis Canada - patient and family information, available at <http://thrombosiscanada.ca/?resourcepage=patient-family-information>
- Heart and Stroke Foundation - Anticoagulants, available at <http://www.heartandstroke.ca/heart/treatments/medications/anticoagulants>
- For more information on self-injection contact your primary care provider or your local pharmacy:
 - Primary Care Provider: _____ Phone Number: _____
 - Pharmacy: _____ Phone Number: _____

Extended Thromboprophylaxis after Abdomino-Pelvic Surgery Patient Education

References

Key references ⁽¹⁻⁴⁾

1. Lyman, G. H., Khorana, A. A., Kuderer, N. M., Lee, A. Y., Arcelus, J. I., ... Falanga, A. (2013). Venous thromboembolism prophylaxis and treatment in patients with cancer: American Society of Clinical Oncology Clinical Practice Guideline Update. *Journal of Clinical Oncology*, 31(17), 2189–2204. doi:10.1200/JCO.2013.49.1118
2. Kearon, C. (2004). Long-term management of patients after venous thromboembolism. *Circulation*, 110, I-10-I-18. doi:10.1161/01.CIR.0000140902.46296.ae
3. Thrombosis Canada. (2016). Deep vein thrombosis (DVT): Treatment, 1–7. Retrieved from http://thrombosiscanada.ca/wp-content/uploads/2016/05/3_Deep-Vein-Thrombosis-Treatment-2016May19-FINAL.pdf
4. Frederick A. Anderson, Jr, PhD and Anne-Marie Audet, MD, MSc, F. (2000). Preventing deep vein thrombosis and pulmonary embolism: A practical guide to evaluation and improvement. Retrieved from https://www.outcomes-umassmed.org/dvt/best_practice/index.htm#Intro