

- 1** Wash your hands thoroughly. Use an alcohol wipe to disinfect the area of skin recommended by your healthcare professional for the injection.

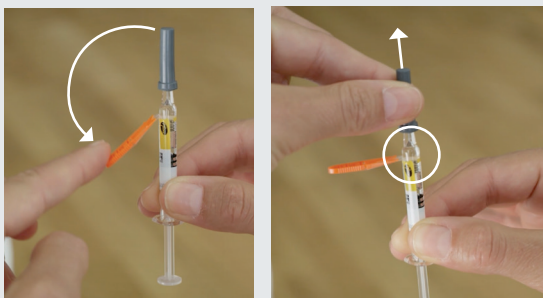


If possible, change the injection site daily to avoid skin irritation.

- 2** Pick up the packaged syringe, remove the protective strip and take out the syringe.

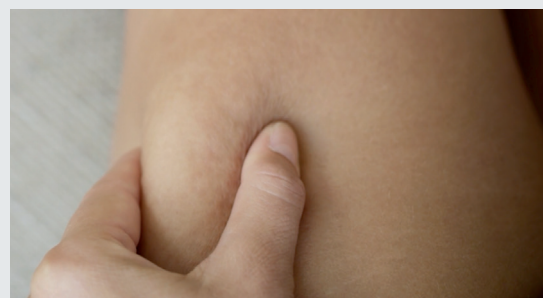


- 3** First of all, fold the red needle guard down, away from the syringe. Then remove the grey protective cap by pulling it straight off the needle.



The air bubble in the syringe ensures delivery of the full dose, and must not be expelled.

- 4** Pinch the skin in the disinfected area to create a fold.



Do not let go of the skin fold during the injection.

- 5** Insert the needle vertically and fully into the skin fold.
- Very slim or muscular patients can inject at a flatter angle (approx. 45°).



If you experience severe pain whilst injecting, you have hit a skin nerve or a blood vessel. Remove the syringe and inject again at a slightly offset location in the disinfected area.

- 6** Slowly inject the entire contents of the syringe beneath the skin. Then wait at least one second before slowly pulling the needle out at a straight angle. Only let go of the skin fold now.



Injecting the medicinal product may cause a burning sensation. This is not unusual and can be alleviated by injecting more slowly.

- 7** Now press the needle against a hard, firm surface and into the needle holder. Bend the needle until it reaches an angle of more than 45°. You should hear a click to indicate that the needle is engaged.



- 8** We recommend that you dispose of the used syringe in a suitable robust container.

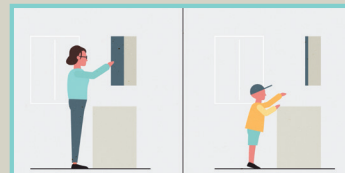


- 9** Gently dab the puncture site with a cotton swab.

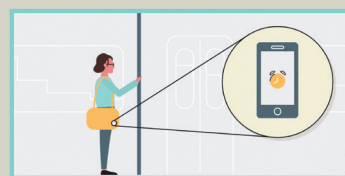


Avoid rubbing or scratching the puncture site. A plaster is not usually required, but can be applied to the puncture site if desired.

FURTHER INFORMATION AND USEFUL TIPS



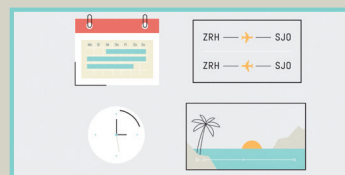
Store Fragmin® at room temperature and keep out of the reach of children. The syringes may only be used up until the date marked “EXP” on the box.



It is very important to use Fragmin® regularly and in line with your doctor's instructions. Make the medication part of your daily routine. You could, for example, use the reminder function on your mobile phone to help you.



Keep a diary and make sure that you have enough syringes at home to take your treatment regularly.



Make sure you plan ahead for holidays, weekends or special events, as the risk of forgetting to use it in situations like this is particularly high. When travelling across time zones, please note that Fragmin® should be used every 24 hours.



If you are planning to take a flight whilst being treated with Fragmin®, you can ask your doctor for a Fragmin® set, which also includes a customs form for transportation in hand luggage.

VIDEO TUTORIAL FOR SELF-ADMINISTRATION OF FRAGMIN®

Detailed information on using Fragmin® is also available in video format. Scan the QR code to go to the website.

www.fragmin.ch

Access code: 1010



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INSTRUCTIONS FOR USE OF FRAGMIN®

Your doctor has prescribed you Fragmin®. Fragmin® is injected once a day into the tissue under the skin (subcutaneously). Dosage and duration of treatment are determined by your doctor.

The following instructions show you how to use it correctly. Always follow your doctor's instructions. Please also read the package leaflet, which contains further information. If you have any questions, contact your doctor or a specialist at your pharmacy.

Treatment start date: _____

Duration of treatment, until: _____

Fragmin® dose (IU): _____

WHAT TO DO

Prepare the necessary material before injection.

- 1 packaged Fragmin® syringe
- 1 alcohol wipe
- 1 small cotton swab
- 1 disposal container
- 1 small plaster, if required



The Fragmin® packaging illustrated here is an example and may look different, depending on the dosage.

Medical specialists or your pharmacy can provide you with suitable disposal containers.