

# Anti clotting with Fraxiparine®

## Short leg plaster cast

**This leaflet gives you information about a (short leg) plaster cast and anticoagulants, or anti clotting medicines. Please be aware that your personal situation may differ from what is described.**

As you were fitted with a plaster cast, you are not able to move your leg or part of it properly. For this reason blood no longer circulates through your legs in the normal way and this may lead to thrombosis. In order to prevent thrombosis you have been prescribed Fraxiparine®. This leaflet explains:

- what thrombosis is
- how you can prevent thrombosis
- how you should use Fraxiparine®

### What is thrombosis?

Thrombosis is the formation of blood clots in a vein in an area where this does not normally occur. Because the plaster cast does not allow you to move your leg, or part of it, blood in your leg comes to a standstill. Because of this stagnation the blood may clot. The clots may become loose and get stuck in another place in your bloodstream and block a blood vessel. This often occurs in the lungs, and is then called a pulmonary embolism. A pulmonary embolism makes it difficult for the lungs to absorb oxygen and you may feel very short of breath.

### How can you prevent thrombosis?

In order to prevent thrombosis and pulmonary embolisms, you are prescribed Fraxiparine®. This medication ensures that it is more difficult for your blood to clot. As long as your leg is in plaster you must use this medicine once a day. For more information about thrombosis, pulmonary embolisms and Fraxiparine® please see the following websites:

- [Trombostichting.nl](http://Trombostichting.nl)
- [Trombose.nl](http://Trombose.nl)

### How to use Fraxiparine®

Take the prescription home with you and collect the Fraxiparine® at the pharmacy. Each day inject the medicine at the same time, taking the following into account:

- Technique: see enclosed leaflet.
- Injection place: alternate places. There may be some bruising at the injection place.
- Start: when your leg is in plaster, you must start taking Fraxiparine®.
- Stop: when your plaster is removed you must stop using Fraxiparine®.
- Normally, Fraxiparine® is supplied in syringes of 0.3 ml or 0.4 ml. You may be given a different dosage.

### In closing

If you have any questions or problems regarding using Fraxiparine® contact your family doctor or attending physician.