

How to Give a Blood Thinner Shot

Printed on 2023-03-22

You must carefully read the "Consumer Information Use and Disclaimer" below in order to understand and correctly use this information

General

Many people give themselves blood thinner 1 or 2 times each day. The blood thinner is often given as a shot, using a small needle attached to a syringe. The shot goes into fatty tissue right under the skin. It is important to change where you give yourself the shots each time. Changing the shot site helps you avoid soreness and bruising. Changing the site also helps your body absorb the blood thinner. Try to avoid sites that are close to moles, scars, or wounds. Also do not give the shots in the area near your belly button.

How to Give a Blood Thinner Shot

- Get your supplies together.
 - Wash and dry your hands.
 - Gather the blood thinner, syringe, and alcohol wipe.
 - Check the expiration date on the vial or syringe of blood thinner. If it is expired, do not use.
- Prepare the syringe. You will either use a prefilled syringe or you will put the right dose of a drug into a syringe from a vial of the drug.
 - Using a prefilled syringe.
 - Check the label to make sure you have the right drug.
 - Do not get rid of the air bubble unless you need to adjust your dose. This small bubble helps to make sure you get all of the drug out of the syringe.
 - Drawing up the drug from a vial.
 - Check the label to make sure you have the right drug.
 - Take the plastic cap off of the bottle if it is a new bottle.
 - Gently, roll the bottle in your hands. Do not shake it.
 - Clean the top of the bottle with an alcohol pad and allow to air dry. Do not blow or fan to dry.
 - Pull the plunger back until the tip of the plunger is at the line indicating the number of units of blood thinner you need. This will fill the syringe with air.
 - Remove the cap over the needle.
 - Push the needle into the rubber stopper. Then push the plunger so the air goes into the bottle of blood thinner.
 - Turn the bottle with the syringe in it upside down and hold the vial with one hand. Pull back on the plunger with your other hand and slowly pull the blood thinner into the syringe until it reaches the line for the dose you need.
 - Look at the blood thinner that is in the syringe. If you see any air bubbles, push the blood thinner back into the vial. Repeat this until you do not see any air bubbles in the syringe. You can also gently tap the syringe to move the air bubbles toward the needle.
 - Pull the needle straight out of the bottle.
 - Recheck to make sure it is the right dose.

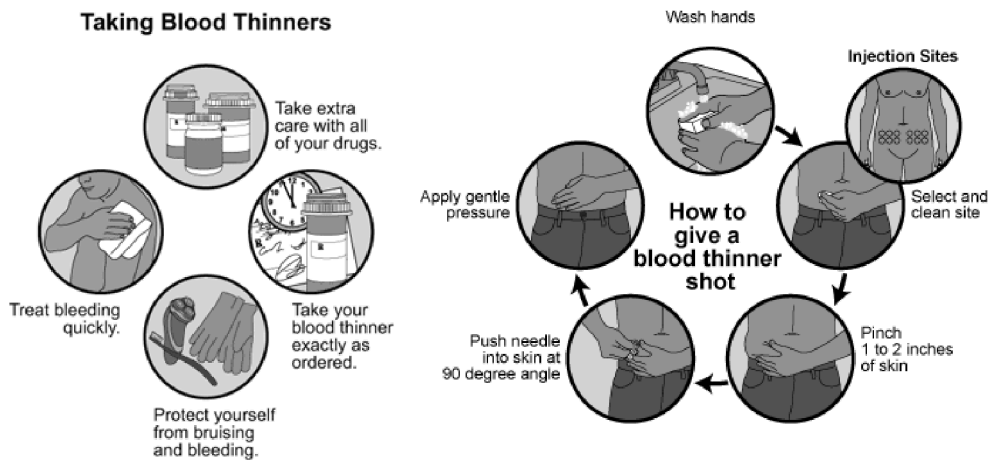
- If you are not giving the shot right away, cover the needle with the cap before putting it down. You may want to hold the syringe in one hand and scoop the cap onto the needle to lower your chance of poking yourself with the needle.
- Give the shot.
 - Clean the area of skin where you plan to give the shot with alcohol. Allow the skin to air dry. Do not blow or fan to dry.
 - Relax your muscles where you will be giving the shot.
 - Pinch 1 to 2 inches (2.5 to 5 cm) of skin between your fingers and thumb on one hand.
 - Holding the syringe like you would a dart at a 90° angle. Push the needle all the way into the pinched up skin. Slowly, press plunger all the way down. You may feel some discomfort and burning when the blood thinner is going in. After all the blood thinner is in, wait a few seconds and then remove needle at the same 90° degree angle.
 - Apply gentle pressure to the injection site. Do not rub or massage the site.
 - Throw used needle in a special container made for needle disposal.
 - Put your blood thinner away.
 - Wash and dry your hands.

Why is this procedure done?

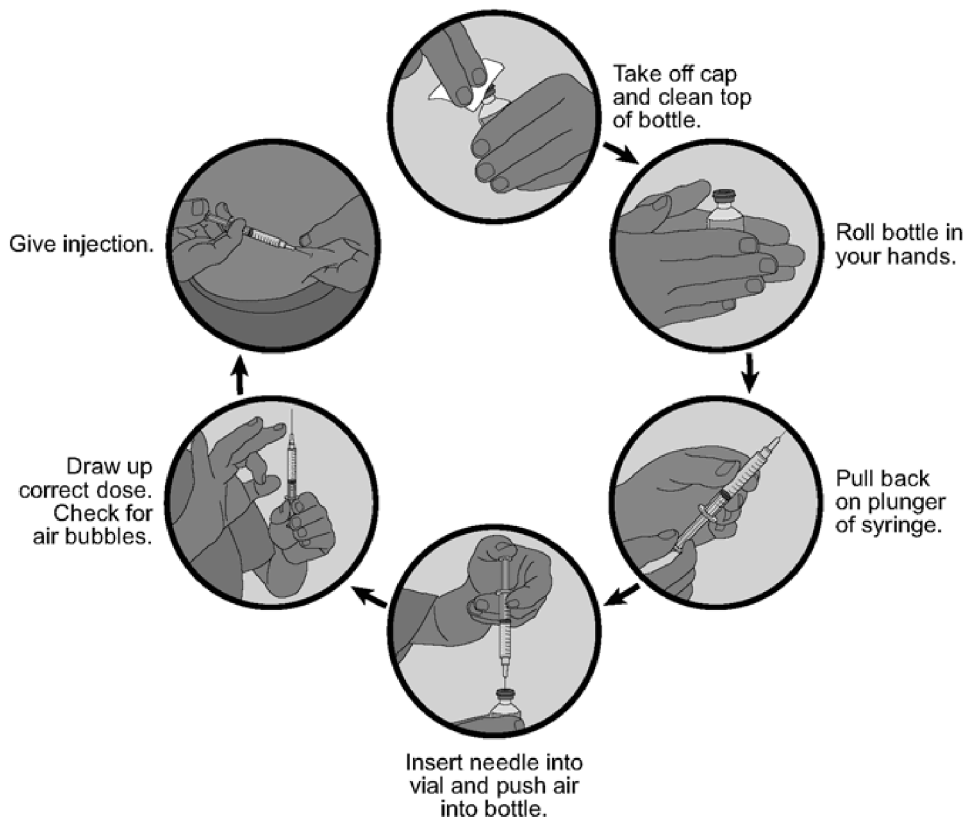
A blood thinner is a drug given to help keep your blood from clotting inside of your body, or for treatment of an existing clot. It is important that you take the right amount of this drug so your blood is not too thin and you bleed easily or too thick and you form blood clots. Your doctor may send you home on shots of blood thinning drugs. Heparin, lovenox, and enoxaparin are names for kinds of blood thinning drugs.

Image(s)

Blood Thinner Shot



How to Draw up Fluid from a Vial



What follow-up care is needed?

Your doctor may ask you to make visits to the office to check on your progress. Be sure to keep these visits. You may also need to have lab tests done to check how thin your blood is.

What problems could happen?

- Bruising
- Bleeding
- Giving too much or too little blood thinner
- Infection

Consumer Information Use and Disclaimer:

This generalized information is a limited summary of diagnosis, treatment, and/or medication information. It is not meant to be comprehensive and should be used as a tool to help the user understand and/or assess potential diagnostic and treatment options. It does NOT include all information about conditions, treatments, medications, side effects, or risks that may apply to a specific patient. It is not intended to be medical advice or a substitute for the medical advice, diagnosis, or treatment of a health care provider based on the health care provider's examination and assessment of a patient's specific and unique circumstances. Patients must speak with a health care provider for complete information about their health, medical questions, and treatment options, including any risks or benefits regarding use of medications. This information does not endorse any treatments or medications as safe, effective, or approved for treating a specific patient. UpToDate, Inc. and its affiliates disclaim any warranty or liability relating to this information or the use thereof. The use of this information is governed by the Terms of Use, available at <https://www.wolterskluwer.com/en/know/clinical-effectiveness-terms>

Last Reviewed Date

2021-11-08

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