

## TINZAPARIN

*tin-zah-pa-rin*

### What does it do?

*Tinzaparin* is used to treat and prevent clots in your blood.

### Before you start

- Tell your doctor if you have bleeding, kidney, liver or stomach problems, have a history of high blood pressure or stroke, or have recently had surgery or any injuries.
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

### How should you use it?

Inject *tinzaparin* under the skin regularly as directed. Do not rub the injection site as this may worsen any bruising.

### What if you forget a dose?

If it is nearly time for your next dose, skip the missed dose and inject your next dose at the usual time. Otherwise, inject the missed dose as soon as possible. Do not inject two doses at the same time.

### Can you take other medicines?

Some medicines available without a prescription may react with *tinzaparin* including:

- anti-inflammatories, such as diclofenac (e.g. Voltaren®), ibuprofen (e.g. Nurofen®), or aspirin (e.g. Disprin®, in doses used for pain relief). These can also be found in some cold and flu medicines (e.g. Nurofen Cold and Flu®).
- low-dose aspirin (e.g. Cartia®)

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products or recreational drugs.

### What side effects might you notice?

| Side Effects  | Recommended action              |
|---|---------------------------------|
| Reduced number of blood cells that help your blood to clot - symptoms include: easy or unusual bruising or bleeding<br>Coughing or vomiting of blood, vomit that looks like coffee grounds<br>Nose bleeds<br>Red or dark brown urine, red or black bowel motions<br>Chest pain, trouble breathing<br>Symptoms of allergy including: skin rash, itching, swelling, trouble breathing<br>Headache, dizziness, changes in vision or speech | Tell your doctor immediately    |
| Pain, tenderness or redness at injection site   | Tell your doctor if troublesome |

If you notice any other effects, discuss them with your doctor or pharmacist.

### Other information:

- Dispose of used syringes and needles safely. Discuss how to do this with your health professional.