Te Whatu Ora
Health New Zealand
Waitaha Canterbury

TINZAPARIN

tin-zah-pa-rin

What does it do?

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

Before you start

- Tell your doctor if you have bleeding or kidney problems.
- 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. You can use your stomach, thighs or upper arms. Change the place you inject each time. Do not rub the injection site as this may cause bruising.
You, or the person giving the injections, will be given training on how to use the injections.

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
Bleeding you cannot stop, bruises that get bigger, coughing or vomiting blood, vomit that looks like coffee grounds, red or dark brown urine, red or black poo, severe headache (may be signs of bleeding) Symptoms of allergy including: skin rash, itching, swelling, trouble breathing	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:

- It is important to tell anyone who gives you medical or dental treatment (e.g. doctor, dentist, pharmacist or podiatrist) that you are taking *tinzaparin*.
- You may bleed or bruise more easily while you are taking *tinzaparin*. Take care or avoid activities that may cause bleeding e.g. tattoos, piercings and contact sports.
- If you have a serious fall or hurt your head, talk to or see a doctor straight away.
- Dispose of used syringes and needles safely. Discuss how to do this with your health professional.