

Patient Instructions: Coumadin/Lovenox Bridging Instructions for Coumadin/Lovenox Crossover

General Instructions

1. Stop taking Warfarin (Coumadin) 5 days before your procedure.
2. Get daily PT/INR check.
3. When your INR falls between 1.8 – 2.0 begin taking Lovenox -- one shot in the morning, one in the evening.
4. Your last dose of Lovenox will be the one that is approximately 10-12 hours before your procedure
5. Resume taking Warfarin and Lovenox immediately after the procedure.
6. Get your PT/INR checked daily. Stop taking Lovenox when your INR reaches 1.8.

How to Take Lovenox

Lovenox is injected under the skin the fat tissue, not injected into the muscle. This is the same technique that diabetics use every day when they give themselves a shot of insulin). It uses a syringe with a very tiny short needle that causes very little, if any, pain.

To do this, pick a spot with lots of fat (for most of us this can be the abdomen, the tops of our thighs, and also the back of your upper arm if someone else is going to be giving you these injections. Swab the area you've chosen with an alcohol wipe, then pinch up the fatty tissue and inject the medicine. Pick a different spot each time you give yourself an injection.

Note:

The dose of Lovenox you will be taking is determined by your weight -- so it may be different than what you've taken before if you've had previous experience with this.

You will be getting ____ mg pre-loaded syringes of Lovenox; The dose you need to get is ____ mg. If the dose you are to get is exactly the same as this, you'll inject the entire syringe. But if it's less than the amount in the syringe you'll need to reduce the amount of medicine in the syringe. To do this simply squirt out ____ cc of medicine -- this will leave ____ cc in the syringe -- before injecting the medicine. The markings are plainly marked on the syringe.

If you have any questions, feel free to call us.