A GUIDE TO THE SELF-INJECTION OF FRAGMIN®

Important information and practical tips for self-administration of subcutaneous injections

GENERAL INFORMATION

- Administer the injection in different skin locations on the stomach (left and right of the navel) or the thigh.
- If there is severe pain during the injection, you have hit a skin nerve or blood vessel. In this case withdraw the syringe and reinject at another location.
- Injecting the medication can cause burning. This is not unusual and can be reduced by injecting more slowly.
- In very slim or very muscular patients, a flatter injection angle (45°) can be considered.

FOR SELF-MONITORING

- Please cross out the corresponding weekday after injecting.
- The injection should always be administered at the same time every day.

Your injection time
mornings: ____________ am / evenings: ___________ pm

Duration of the treatment, until _______________

Your next doctor’s appointment

Your injection time

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Dear patient,

Your doctor has prescribed Fragmin®. This low molecular weight Heparin inhibits the clotting of blood and therefore reduces the risk of thrombosis formation.

The following guide depicts correct use.

Please observe the instructions given by your doctor carefully with regard to daily use and arranged duration of treatment. Read the product information leaflet; if you have questions, please contact your doctor or pharmacist.

GUIDE TO SELF-ADMINISTRATION

1. Fragmin® is injected subcutaneously (under the skin). The injection can be administered in either the wall of the abdomen or the front side of the thigh. Doctor’s recommendation for injection site (optional):

2. Disinfect the injection site with a sterile alcohol swab.

3. Remove the ready-to-use syringe from the sterile packaging, by peeling away the protective strip.

4. Pull back the red needle trap from the needle cap.

5. Pull off the protective rubber cap lengthways along the needle.

6. The air bubble in the syringe serves to completely empty the syringe and must not be removed. If a drop has formed on the tip of the needle, carefully shake it off, do not wipe.

7. Lift the skin at the disinfected site between your thumb and forefinger (without pressing firmly) to form a fold.

8. Insert the needle perpendicularly to and completely into the skin fold. Inject the entire contents slowly under the skin and afterwards wait at least one second before withdrawing the needle.

9. Withdraw the needle slowly. An adhesive bandage is usually not required. Swab the injection site only lightly.

10. To activate needle protection, push the needle trap against a hard, solid surface and press the injection needle into the needle trap where it will snap into place with a clearly audible “click”. Bend the injection needle until the angle between the flat surface and the cylinder of the syringe is greater than 45°.

11. We recommend that you dispose of the syringes in a suitable sharps container.