

## F-250 Administering SubQ Heparin

### *Heparin Administration Guidelines:*

SubQ Heparin doses are low and prevent clot formation but do not alter blood coagulation studies.

Heparin administration sites should not be massaged as this could cause tissue damage and bruising.

Do not use extremities for heparin subcutaneous administration.

Avoid bruised areas, scars or lesions.

### **Applies To**

Registered Nurses

Licensed Practical/Vocational Nurses

Other (*Identify*): \_\_\_\_\_

### **Equipment/Supplies**

- Heparin dose per orders
- 1 ml tuberculin syringe
- Two needles, 25 gauge, 5/8 inch
- Alcohol wipes
- Clean gloves

### **Procedure**

1. Gather equipment.
2. Wash hands. Refer to the Hand Washing procedure.
3. Cleanse top of bottle.
4. Draw up prescribed dose.
5. Change needles before administering dose (*This prevents tracking of heparin and bruising tissue*).
6. Select site on lower abdomen - at least two fingerbreadths from umbilicus and above the iliac crest (this location avoids umbilical veins).
7. Cleanse site with alcohol and allow drying before injecting (if skin is wet, it may inject antiseptic under the skin).
8. Gently pinch an inch of subcutaneous tissue between thumb and forefinger of one hand.
9. Hold syringe with other hand and insert needle into skin fold at a 90° angle.

10. Inject slowly. **Do not aspirate - this can cause rupture of small vessels and increase bleeding into tissue**
11. Wait 10 seconds before withdrawing needle.
12. Press and hold alcohol wipe over injection site.
13. Discard syringe and needle into sharps container.

**Documentation Guidelines**

Document in the clinical record:

1. Medication dosage, time of administration, skin condition.
2. Laboratory values as appropriate.
3. Site of injection.
4. Patient tolerance of procedure.
5. Any teaching completed.

**Related Procedures**

None.

**Policy History**

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