

Package leaflet: Information for the user
innohep® 3,500 IU
innohep® 4,500 IU
solution for injection (10,000 IU/ml)
tinzaparin sodium

Read all of this leaflet carefully before you start using this medicine because it contains important information for you.

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor, pharmacist or nurse.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. See section 4.
- In this leaflet the innohep syringe 10,000 IU/ml presentations listed above will be called innohep.

What is in this leaflet

1. What innohep® is and what it is used for
2. What you need to know before you use innohep®
3. How to use innohep®
4. Possible side effects
5. How to store innohep®
6. Contents of the pack and other information

1. What innohep® is and what it is used for

innohep is a type of heparin – a low molecular weight heparin – and belongs to a group of medicines called anticoagulants; these medicines affect how your blood clots. innohep prevents clotting, allowing normal blood flow through the arteries and veins.

innohep is used to:

- Prevent blood clots in adults before and after an operation.
- Prevent blood clots in adults who have an increased risk of blood clots e.g. due to an acute illness with limited mobility.
- Prevent blood clots being formed in haemodialysis equipment in patients undergoing haemodialysis or haemofiltration. In haemodialysis, wastes and fluids from the blood are removed by a dialysis machine and a dialysis filter, which acts as a kind of artificial kidney.

2. What you need to know before you use innohep®

Do not use innohep

- If you are allergic (hypersensitive) to tinzaparin or any of the other ingredients of this medicine (listed in section 6).
- If you know that you have, or have ever had, a big drop in the clotting cells (platelets) in your blood caused by having any type of heparin (reaction called heparin-induced thrombocytopenia).
- If you have any condition which makes you bleed severely, such as haemophilia or are currently bleeding from any part of your body.
- If you know that you have a condition called endocarditis (an inflammation of the lining of the heart and heart valves).

If you are pregnant, please also read the section of this leaflet 'Pregnancy, breast-feeding and fertility'.

Warnings and precautions

Your doctor will decide if you can have an epidural/spinal anaesthetic if you are using innohep. You must wait 12 hours after your last dose of innohep before having a lumbar puncture or epidural/spinal anaesthetic placed. You must wait at least 4 to 6 hours after having a spinal anaesthetic, or after the catheter has been removed, before you start using innohep again.

Talk to your doctor, pharmacist or nurse before using innohep:

- If you have any condition which makes you more likely to bleed easily. Ask your doctor if you are unsure.
- This medicine must not be injected into your muscles. You should not receive any other injections into your muscles while using innohep as you may bruise.
- Your doctor may take a blood test before you start having this medicine, and while you are having it. This is to check the level of the clotting cells (platelets) and potassium in your blood.
- If you know that you have any medical condition (e.g. diabetes) which may cause high levels of potassium in your blood (hyperkalaemia). Ask your doctor if you are unsure.
- If you have an artificial heart valve.
- If you have kidney problems. This is more likely if you are elderly. Your doctor may need to adjust your dose or do extra tests.

Children and adolescents

innohep is not intended for use in children and adolescents under the age of 18 years.

Other medicines and innohep

Tell your doctor, pharmacist or nurse if you are taking, have recently taken or might take any other medicines. This includes any medicines which you may have bought without a prescription or herbal medicines.

You must tell your doctor, pharmacist or nurse if you are taking any of the following medicines as you may be likely to bleed more easily:

- Non-steroidal anti-inflammatory drugs, such as ibuprofen or diclofenac: for arthritis or aches or pains.
- Aspirin: for reducing pain and inflammation, or for thinning the blood.
- Platelet aggregation inhibitors, such as clopidogrel: for stopping harmful blood clots forming.
- Thrombolytic agents, such as streptokinase: for dissolving blood clots.
- Vitamin K antagonists, such as warfarin: for stopping harmful blood clots.
- Activated protein C: A protein which may be given to you to control blood clotting and inflammation.
- Oral anticoagulants: Any tablet which may be given to stop harmful blood clots.

Pregnancy, breast-feeding and fertility

If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before using this medicine. Tell your doctor if you become pregnant while having this medicine.

Special precautions are required if you will have an epidural anaesthetic to help you with your labour when you are using innohep. (See 'Warnings and precautions'.)

Driving and using machines

This medicine should not have any effect on your ability to drive or use machines. Check with your doctor if you feel any side effect that may stop you from driving or using machines.

innohep contains sodium

This medicine contains less than 1 mmol sodium (23 milligrams) per mL, that is to say essentially "sodium-free".

3. How to use innohep®

Always use this medicine exactly as your doctor, pharmacist or nurse has told you. Check with one of them if you are not sure that you understand how to do the injection or if you are unsure about anything else to do with the medicine.

Your doctor may decide that you or a carer may inject this medicine. You will be shown how to do the injection and should only do the injection when you have been instructed how to do so.

How much innohep to use

Adults, including the elderly:

To prevent blood clots forming in your veins

innohep must be injected under the skin (subcutaneous injection). The dose and the length of your treatment will depend on the type of operation or illness you are having. Your doctor will prescribe the right dose for you and tell you how long your treatment with innohep will last.

To prevent blood clots forming in connection with haemodialysis or haemofiltration

innohep will be given either into the tubes of the haemodialysis machine or into your vein. The dose will depend on the duration of dialysis.

Use in children and adolescents

There is limited experience of use in children and adolescents. innohep is not intended for use in children and adolescents under the age of 18 years.

How to inject yourself with innohep

You should inject yourself exactly as you have been shown and only on the parts of your body that you have been told it is safe to inject into. The type of injection you will be giving is known as a subcutaneous injection. The injection goes into a pinched up fatty layer on your abdomen, or on the outer part of your thighs, lower back, upper leg or upper arm. Keep away from your belly button. Do NOT inject into a muscle.

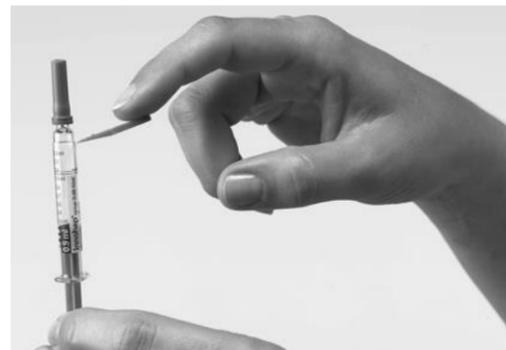
Ideally you should inject at the same time every day; this helps to maintain a steady level of the medicine in your body.

When giving yourself an injection, make sure you:

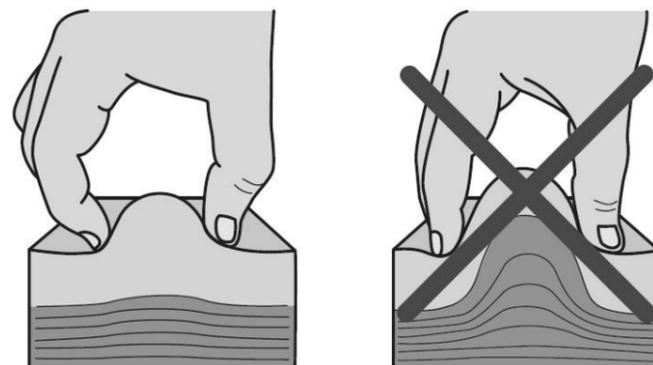
1. Thoroughly wash your hands with soap and water. Dry your hands.
2. Sit or lie in a position so that you can see the skin where you are going to inject yourself (usually the abdomen). This can comfortably be done in a lounge chair, recliner or bed propped up with pillows.



3. Decide where to inject yourself – see the image above. This may be on the right or left side of the abdomen (stomach), at least 5 cm (2 inches) away from your belly button. You may also inject into the sides of your thigh, lower back, upper leg or upper arm. Avoid scar tissue or stretch marks and areas with visible blood vessels or areas that are tender, bruised, red or hard. Change the place you inject each time, and stay at least 3 cm (1 inch) away from your last innohep injection site.
4. Clean the area of the skin, as you have been told to do by your doctor or nurse, and allow to dry before you inject yourself.
5. Carefully take the syringe out of its plastic container by bending the cap all the way back and sliding the syringe out. innohep should be at room temperature when you inject, this can minimise discomfort.



Bend the orange safety device down away from the cap on the needle. Remove the protective needle cap without bending the needle. To keep the needle clean, make sure it does not touch anything. The syringe is now ready for use.



6. Hold the syringe in your writing-hand like you would hold a pen. With your other hand, make a fold of your skin by gently pinching the area where you are going to inject yourself with your thumb and forefinger.



7. With the syringe at a right angle to your body (pointing straight, not at an angle), insert the needle fully into the skin fold.
8. Continue to hold the skin fold, without drawing back on the syringe, press down on the plunger slowly over 10–15 seconds. This delivers the medication into the fatty tissue.
9. Promptly pull the needle completely out of the skin and then let go of the skin fold. Do not rub or massage the place where you injected yourself – this can lead to bruising.



10. Using a hard surface, bend the orange safety device so it is now pointing in the same direction as the needle (back to its original position). Then with the safety device flat against a hard surface such as a table, gently push downwards until the needle clicks into the device. Then continue to push downwards against the hard surface, so that the needle and device are at a 45 degree angle to the syringe.



11. The used syringe, even when the orange safety device is in place, should be handled with care. The used syringe should be disposed of in a “sharps” container (i.e. a special bin for needles) immediately. If a “sharps” container is not readily available then please put the used syringe back into the plastic container and close the lid by pressing down on the lid until it clicks into the slot provided. Dispose of the syringe carefully, as instructed by your healthcare professional.

Never put syringes or needles in the household rubbish.

For the attention of the healthcare professional:

Please dispose of the used syringe in accordance with your institution/employer’s standard procedures for disposal of used syringes.

If you use more innohep than you should

If you think you may have injected yourself with too much innohep, tell your doctor or nurse straight away. You may start to haemorrhage (bleed severely) and need to be given another injection of a medicine called protamine sulfate to stop you bleeding. Please read section 4 so you can spot any signs that this may be happening to you.

If you forget to use innohep

If you forget to inject yourself, or if you think that you may have missed a dose, then tell your doctor or nurse.

If you stop using innohep

If you have any further questions about using this medicine, please ask your doctor, pharmacist or nurse.

4. Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them. The side effects most often reported are blood problems (e.g. bleeding or changes in blood tests) and skin reactions near where the injection was given.

Important side effects to look out for:

You must get urgent medical help if you have any of the following symptoms.

You may be having serious allergic reactions. These are rare (may affect up to 1 in 1000 people).

- You have difficulty breathing.
- Your face or throat swell.
- Your skin develops a severe rash.
- You experience blistering of the skin, mouth, eyes or genitals or your skin peels.
- Blood spots near the injection site which could develop into a purple blister surrounded by red inflamed skin.

You should tell your doctor straight away if you spot any of the following signs which mean you may be starting to bleed severely. This is uncommon (may affect up to 1 in 100 people).

- Red or brown urine.
- Black tarry stools (bowel movements).
- Unusual bruising (very painful, large or dark bruises).
- Bleeding from your nose or mouth or any wound that will not stop.

You must get urgent medical help if you have any of the following symptoms after having an epidural or spinal anaesthetic. You may be developing paralysis:

- Tingling, weakness or numbness in your legs or lower body.
- Back pain.
- Problems in going to the toilet.

Common (may affect up to 1 in 10 people)

- Reduction in red blood cells which may make the skin pale and cause weakness or breathlessness.
- Less serious bleeding from a wound, blood in your urine or bowel movements.
- A pooling of blood in tissues which may result in the skin appearing dark in colour, similar to a large bruise.
- Pain, itch, bruising or bleeding, redness, swelling, nodules or hard lumps under your skin where the injection was given.

Uncommon (may affect up to 1 in 100 people)

- Changes in your blood test results. There may be a change in the clotting cells (platelets) in your blood. These tests will return to normal when innohep is stopped.
- An allergic reaction. You may be sensitive to one of the ingredients of this medicine.
- Bruising, red or purple blood spots under your skin.
- Some blood tests may also show a change in the way your liver is working. These tests will return to normal when innohep is stopped.
- An itchy red rash with heat and swelling on your skin (dermatitis).
- Rash.
- Itching.

Rare (may affect up to 1 in 1000 people)

- Your blood may form more harmful clots. A big drop in clotting cells (platelets) in your blood may give you these symptoms. You will need to stop using this medicine. Your doctor can explain this more.
- An increase in clotting cells (platelets).
- Changes in your blood test results. The amount of potassium may be increased. This is more likely to happen if you have severe kidney problems or diabetes. Your doctor can explain this more.
- Swelling of the face or throat.
- Hives.
- A decrease in bone density (osteoporosis) could occur if you are treated for a long time. Your bones may get weak and break more easily.
- Prolonged, painful erections in men.

Paediatric population

Limited information derived from one study and postmarketing data indicates that the pattern of adverse reactions in children and adolescents is comparable to that in adults.

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via HPRA Pharmacovigilance, Website: www.hpra.ie. By reporting side effects you can help provide more information on the safety of this medicine.

5. How to store innohep®

- Keep this medicine out of the sight and reach of children.
- Do not use this medicine after the expiry date stated on the carton and label (EXP). The expiry date refers to the last day of that month.
- Do not use this medicine if you notice any cloudiness or particles in the liquid.
- The liquid may turn yellow in storage but this does not affect the product quality.
- This medicinal product does not require any special storage conditions.
- Each syringe is intended to be used only once.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to dispose of medicines you no longer use. These measures will help protect the environment.

6. Contents of the pack and other information

What innohep contains

- The active ingredient is tinzaparin sodium.
- innohep 10,000 IU/ml syringes contain 10,000 IU of tinzaparin sodium in each millilitre (ml).
- innohep 3,500 IU contains 3,500 IU of tinzaparin sodium in 0.35 ml solution.
- innohep 4,500 IU contains 4,500 IU of tinzaparin sodium in 0.45 ml solution.

- The other ingredients are sodium acetate trihydrate, sodium hydroxide and water for injections. You can find important information about some of the ingredients near the end of section 2 of this leaflet.

What innohep looks like and contents of the pack

innohep solution for injection is a clear to straw coloured liquid. innohep comes in a glass syringe containing 0.35 ml or 0.45 ml.

There are 10 syringes in a carton.

Parallel Product Authorisation holder

IMED Healthcare Ltd, Unit 625 Kilshane Avenue, Northwest Business Park, Ballycoolin, Dublin 15, Ireland.

Manufactured by

Laboratoires LEO S.A., Route de Chartres 39, 28500 Vernouillet, France.

Repackaged by

Cast Healthcare Ltd, Unit E, The Business Centre, 5-7 Tobermore Road, Draperstown, Magherafelt, BT45 7AG, UK(NI) or IMED Healthcare Ltd, Unit 625 Kilshane Avenue, Northwest Business Park, Ballycoolin, Dublin 15, Ireland.

innohep® is a registered trademark of LEO Pharma A/S.

Product imported from Portugal is called ‘innohep 3500 U.I. Anti-Xa/0.35 ml solução injetável, seringas pré-cheias’. Product imported from Belgium is called ‘innohep 4.500 IE anti Xa/0,45 ml oplossing voor injectie’.

This leaflet was last revised in October 2025.