

Information for General Practice

Maternity Guidelines: Low molecular weight heparin in pregnancy and the puerperium

The recent national problem with the supply of dalteparin (Fragmin®) has been resolved and OUH NHS Foundation Trust is changing from prescribing enoxaparin (Claxane® and Inhixa®), back to dalteparin. The only noticeable difference is that doses are in different units (units instead of milligrams). The OUH Maternity VTE guidelines have been updated to reflect this change and will go live on the 19th August 2019.

I apologise for the inconvenience caused to our primary care colleagues, and hope that the supply of dalteparin is now secure. As a quick reference, weight appropriate dosing tables for pregnancy are shown below for both treatment and prophylaxis.

1. VTE prevention - Antenatal and postnatal prophylactic dose of dalteparin

WEIGHT (KG)	Dalteparin dose (units)
Less than 50	2500 units daily
50 – 89.9	5000 units daily
90 – 130.9	7500 units daily
131 – 170	10,000 units daily
Greater than 170	75 units / kg/ day
High prophylactic dose for women weighing 50 – 90kg	5000 units 12 hourly (BD)

2. Treatment of VTE - Antenatal

Weight (kg)	Antenatal treatment dose of dalteparin (units)
For antenatal women use booking or early pregnancy weight For postnatal women use new measured postnatal weight	Check Xa (heparin assay) exactly 4 hours after dose given, at 24-36 hours after starting treatment (Target for Xa = 0.6-1.0 taken at 4 hours post twice daily (BD) dose)
Less than 57 Consider discussing with haematology SpR if less than 40kg	5,000 twice daily
57 – 68	7,500 and 5,000 12 hours later

69 – 82	7,500 twice daily
83 – 112	10,000 twice daily
113 – 137	12,500 twice daily
138 – 165	15,000 twice daily
166 or more	18,000 twice daily Consider discussing with haematology SpR or Silver Star Consultant if greater than 180kg

2. Treatment of VTE – Postnatal

Weight (kg) For postnatal women use new measured postnatal weight	Postnatal treatment dose of dalteparin (units)
Less than 46 kg	7,500 once daily
46 - 56	10,000 once daily
57 - 68	12,500 once daily
69 - 82	15,000 once daily
83 - 98	18,000 once daily
99 - 112	10,000 twice daily
113 - 137	12,500 twice daily
138 - 165	15,000 twice daily
More than 166	18,000 twice daily

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