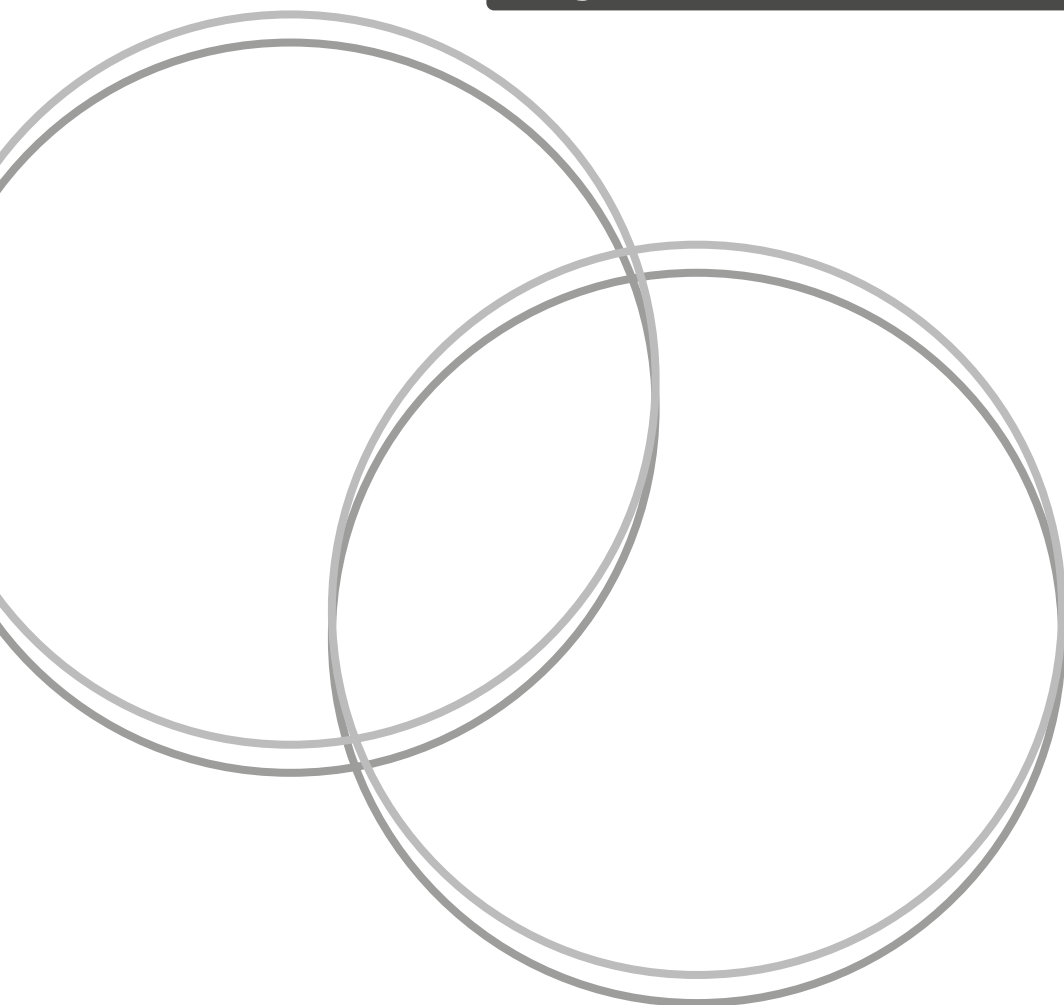


# Methotrexate Subcutaneous injection

**Drug information for Patients**





**Methotrexate is a once weekly medication; you must inject your methotrexate only once a week, on the same day every week.**

Folic acid is used as a supplement to reduce any possible side effects of methotrexate.

**Please DO NOT take folic acid on the same day as your methotrexate.**

You should be prescribed a specific brand of methotrexate injection to ensure you always receive the correct device.

### **Methotrexate Subcutaneous Injections**

You have been prescribed **methotrexate** \_\_\_\_\_mg administered by subcutaneous injection once weekly.

If tolerated increase **methotrexate** to \_\_\_\_\_mg administered by subcutaneous injection once weekly after \_\_\_\_\_ weeks.

Inject **methotrexate** by subcutaneous injection on \_\_\_\_\_ each week.

### **Folic Acid Tablets**

- **DO NOT** take on the same day as methotrexate.
- Folic acid can be taken with or without food.

You have been prescribed **folic acid tablets** \_\_\_\_\_  
( \_\_\_\_\_mg) to be taken on \_\_\_\_\_ each week.

## General Information

Methotrexate can take up to **3 months** to have an effect.

We may prescribe you some steroids to take if you are flaring whilst waiting for the medication to work. Please discuss with your doctor or pharmacist before starting new medications, including herbal remedies or dietary supplements. Some medicines can interact with methotrexate (e.g., trimethoprim, co-trimoxazole, anti-epilepsy drugs). We often start methotrexate at a lower dose and increase as tolerated.

Common side effects include nausea, headache, diarrhoea and tiredness. Less common side effects include mouth ulcers and rashes. If you notice any concerning side effects including a very sore throat, fever or abnormal bruising please contact our specialist team helpline for advice on -

Email: [ouh-tr.rheumatologynurses@nhs.net](mailto:ouh-tr.rheumatologynurses@nhs.net)

## Monitoring

The Rheumatology team will provide you with blood forms to take to your regular GP for blood tests to be taken at 2 weeks, 4 weeks and 6 weeks after starting methotrexate. The Rheumatology team will monitor the results of these blood tests.

We will provide a prescription for the first 8 weeks of treatment and monitor your blood results. We will then hand over to your GP for ongoing prescriptions and monitoring if you are managing well. In order to ensure that the medication is not causing any problems, and that you are happy to continue taking it, we will send you a link to an electronic questionnaire in approximately 5 weeks. Please complete this within a week of receiving the link so that we can start the process of transferring the prescribing and monitoring of this treatment to your GP without delays or gaps in treatment. Please contact us if you are unable to complete the questionnaire electronically or have any questions. Your GP can also contact us at any time with any queries or concerns.

If your GP surgery is outside of Oxfordshire, we will not be able to see the blood results unless your GP surgery sends them to our department.

## Pregnancy

Methotrexate **must NOT** be taken during pregnancy. If you are a woman planning to conceive, please contact your Rheumatologist for family planning advice. In the event of unplanned pregnancy stop methotrexate immediately and contact your Rheumatologist.

# Rheumatology Educational Materials

**Link to video playlist for Rheumatology Education material:**

[www.youtube.com/playlist?list=PLXc9Lskf-Han5D4Aj99n2vWJRlqZmO-t](https://www.youtube.com/playlist?list=PLXc9Lskf-Han5D4Aj99n2vWJRlqZmO-t)

**QR code for video playlist:**



## **Feedback for Early Inflammatory Arthritis videos**

**Link to feedback questionnaire:**

[forms.office.com/r/68Nh8PNmhG](https://forms.office.com/r/68Nh8PNmhG)

**QR code for feedback questionnaire:**





## Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

Developed By: Max Wood, Laura Coates, Krystie Driver and the Rheumatology Team, Version 1.1 September 2022

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