Only take your methotrexate once a week (every 7 days)
• Choose a day to take your dose
• You may have serious side effects if you take it more often

Carefully check your tablets
• There are two strengths available (2.5mg and 10mg), make sure you take the right dose

Folic acid may reduce side effects
• Take on a different day from your methotrexate
• Discuss with your doctor or pharmacist if you are concerned about any side effects you experience

Let your doctor or pharmacist know immediately if you have
• Mouth ulcers, sore throat or fever
• Stomach pain or yellowing of the skin or eyes
• Dry cough, chest pain or difficulty breathing

Tell your doctor and pharmacist about all of the medicines you are taking
• Methotrexate can be harmful when taken with some other medicines

Go for all of your tests (e.g. blood tests)
• Regular tests are needed to check for side effects