

METHOTREXATE - ONCE A WEEK

▶ PATIENT INFORMATION GUIDE

REMEMBER: this medicine is for you. Never give it to others even if their signs and symptoms are the same as yours.

WHY HAVE WE GIVEN YOU THIS GUIDE?

This information is for you to use when taking methotrexate. It is important that you take your medication safely. Methotrexate may cause **some serious side effects**. Talk to your doctor, pharmacist or nurse if you have any questions or concerns.

▶ Methotrexate is usually safe

- Methotrexate is a useful and effective medicine for arthritis and some skin conditions
- Most people who take methotrexate have no problems

▶ Methotrexate can also be harmful

- Extra care is needed when taking methotrexate
- All medicines carry some risks but you might not experience any problems at all
- Always store methotrexate out of reach of children
- Do not let anyone else handle or touch your tablets

▶ PREGNANCY and methotrexate

- If you or your partner are considering pregnancy you should **not** take methotrexate
- Discuss what to do with your doctor

THINGS YOU CAN DO TO TAKE METHOTREXATE SAFELY

▶ 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

This information is a guide only and is not a replacement for the advice and care of your doctor, pharmacist (chemist) or nurse.