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اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ 'ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की जरूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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Information for women receiving Methotrexate for the treatment of Ectopic Pregnancy

Women's Health



WHO DO I CONTACT FOR MORE INFORMATION?

Staff in the Early Pregnancy Unit will be able to answer any further questions you may have.

If you have increased pain at any time you should contact either EPU or Accident and Emergency as soon as possible.

Contact Early Pregnancy Unit – **01932 722662**
(Monday – Friday 09.00 - 16.00)

Out of hours / weekends / Bank holidays – Please attend Accident and Emergency department for review by the on call Gynaecology team.

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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PROCEDURE FLOW CHART

A blood sample will be taken to measure your hormone levels, kidney and liver function before the injection. We will check your weight and height and written consent.



We will inform you of the date and time of your injection. This will usually be in the haematology day unit. You can eat and drink normally beforehand.



You will be followed up with a blood test on the 4th and 7th day (excluding weekend/bank holiday) following the injection, you will need to return to EPU for these.



You should be able to go home the same day.



You will require weekly blood tests to measure the hormone levels until they are <100 and then 2 weekly until they are in the non-pregnant range.

The Use of Methotrexate in the Treatment of Ectopic Pregnancy

This leaflet is intended to give you additional information to that received from a healthcare professional.

WHAT IS METHOTREXATE

This is a drug that is used to stop rapidly dividing cells from growing; in this situation these are pregnancy cells. It is also used for certain cancers, severe skin problems and rheumatoid arthritis.

Before receiving this injection, the medical team will discuss various treatment options specific to your problem. If you opt for this treatment, it will be carried out in the outpatients. You will need to be willing to attend for regular blood test in the early pregnancy unit after the injection. These follow up investigations may last for several weeks depending on your response to treatment as well as the initial hCG (pregnancy hormone test) level. These appointments are essential to help ensure your safety.

WHY HAVE I BEEN RECOMMENDED THIS TREATMENT?

You have been recommended this as a form of management of an ectopic pregnancy. An ectopic pregnancy is a pregnancy growing outside the womb that poses significant threat to the mother's life if it continues to grow. Methotrexate will stop the pregnancy cells from dividing which prevents the pregnancy from growing, reducing the risk of bleeding internally or rupturing the

fallopian tube. Very rarely, we may offer methotrexate for the treatment of pregnancy of unknown location-please see the POUL leaflet.

HOW IS IT GIVEN?

It is given as an injection, either in the muscle e.g. buttock, or into the ectopic directly with a fine needle, under USS guidance. It is administered in Haematology Day Unit and you should be able to go home the same day. The injection might be uncomfortable but NOT painful.

WHAT CAN I EXPECT AFTER THE INJECTION AND WHAT ARE THE SIDE EFFECTS?

You can expect some vaginal bleeding but you do not need to contact us unless it is heavy or you are concerned.

In some women the ectopic pregnancy can still rupture, this occurs in about 1 in 10 cases. This would present with increased pain and this is why we ask you to present to A&E immediately with any concerns around pain.

Some women experience some other side effects after treatment with methotrexate. You may experience some, all or none of them.

- Colicky abdominal pain occurs in up to 3 in 4 women
- Sickness and occasionally vomiting
- Skin rash
- Mouth and lip ulcers
- Diarrhoea
- Short term effect on liver function and blood count

Following the injection you should;

- Remain in the local area
- Avoid strenuous exercise
- Not use tampons and avoid sexual intercourse or internal examinations
- Not take Aspirin or ibuprofen for pain relief, but you may take paracetamol or codeine containing pain killers
- Not take any alcohol until discharged from follow up, as it may affect your liver
- Not take folic acid or multivitamins
- Attend for regular follow up blood tests as directed
- Keep well hydrated
- **Contact us or attend A & E with a copy of your USS (if available) if you experience severe pain. Please be aware you may require to be admitted for observation**
- All the precautions above are required until the treatment is complete and the ectopic pregnancy resolved.
- **You should not get pregnant for three months after the injection, so you will require effective contraception.**

WHAT ARE THE PROS AND CONS OF METHOTREXATE?

Advantages	Disadvantages
Is mainly outpatient based and therefore avoids the need to be admitted	Treatment failure rate of about 10% - those would require repeat injection or surgery
May avoid the risks of surgery and general anaesthetic	Follow up can be up to several months
Eat and drink prior to injection	Must avoid pregnancy for 3 months following injection