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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 ज़रूरत 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 Leaflet about Methotextrate

Pharmacy Department

Day of week for taking oral
Methotextrate:

Information about Methotrexate

WHY AM I BEING PRESCRIBED METHOTREXATE?

Methotrexate is a well-established, effective treatment for several different types of disease including Rheumatoid Arthritis and severe psoriasis. It is also used in Crohn's disease (when alternative drugs cannot be used. It suppresses the inflammation responsible for the thickening of the skin in psoriasis and the stiffening of joints in arthritis.

It may be used to treat other conditions such as Leukaemia or Non-Hodgkin's Lymphoma but THIS IS NOT why it has been prescribed for you.

Methotrexate suppresses inflammation which causes stiffness and pain in the joints in Rheumatoid Arthritis, thickening of the skin in Psoriasis and pain in the digestive tract in Crohn's disease.

HOW LONG WILL METHOTREXATE TAKE TO WORK?

It does not work instantly but an improvement may be seen within a few weeks of starting this treatment. It is important that you remain patient and continue taking your Methotrexate as prescribed by your doctor.

Rheumatoid Arthritis and Psoriasis are chronic conditions and you may need to take Methotrexate for several years.

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 Advice and Liaison Service (PALS) on 01932 723553 or email pals@asph.nhs.uk. If you still remain concerned please contact our Complaints Manager on 01932 722612 or email complaints@asph.nhs.uk.

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WHO CAN PROVIDE FURTHER INFORMATION?

Dermatology Patients

Dr Vaughan Jones: **01932 723720**
Dr O'Gorman & Dr Roest: **01932 722748**
Dermatology Nurse: **01932 723322**

Rheumatology Patients

St. Peter's Advice line: **01932 722703**
Dr. Irani's patients Ashford: **01784 884888**

Gastroenterology Patients

Drs Finch/Thornton/Evans: **01932 723431**

You can also find interesting information regarding Methotrexate by logging on to the following websites:

www.arc.org.uk (Arthritis Research Campaign)

www.rheumatoid.org.uk (National Rheumatoid Arthritis Society)

www.bsg.org.uk (British Society of Gastroenterology)

www.bad.org.uk (British Association of Dermatologists)

www.npsa.nhs.uk/site/media/documents/1877_leaflet.pdf
(National Patient Safety Agency Methotrexate Treatment)

DO I NEED ANY SPECIAL CHECKS WHILE ON METHOTREXATE?

Regular blood tests are necessary because Methotrexate can affect the blood count and, sometimes, can cause liver problems. You may not experience any symptoms so it is important that you attend regularly for blood tests that identify any changes.

Your doctor will arrange for you to have a blood test before you start treatment and regular blood checks while on Methotrexate.

You must not take Methotrexate unless you are having regular blood tests every 4 to 12 weeks as requested by your doctor or nurse. Your doctor may increase, or decrease, the number of tablets you take at each dose depending upon the results of your test.

HOW DO I TAKE METHOTREXATE?

Your tablets should be taken once a week on the same day each week.

You should take the tablets, with a glass of water, in the evening, one hour after food. The tablets should be swallowed whole, not crushed or chewed.

Avoid other people handling your tablets. Store them at room temperature and out of children's reach.

Store them at room temperature and out of children's reach.

Depending upon how well the tablets work for you, the dose you need to take may change. If your dose is altered by your doctor, the number you should take may change but you will still only need to take them once a week.

Methotrexate tablets come in two strengths: 2.5mg and 10mg.

The tablets for the two strengths are different shapes but are very similar colour, so always check you have been given the right strength.

To avoid any chance of confusion Ashford and St. Peter's' NHS Trust have carried out work, jointly with GPs, to ensure that your doctor should only prescribe 2.5mg tablets. However it is important to check your tablets and not to take them if you think that you have the wrong strength.

If you are sick within a few hours of taking Methotrexate tell your GP. You may be told to take another dose or to wait until the next dose is due the following week. Patients who are regularly sick after every dose may be given Methotrexate by injection.

What to do if you miss a dose or take too many tablets:

DO NOT double up on the next dose. If you miss your dose on your normal day, don't worry you can take it on one of the two following days. Do not take the dose if you are three or more days

should also be given to people with whom you are in close contact, such as members of your household.

Flu vaccines are safe. Check with your doctor before having any vaccinations.

DOES METHOTREXATE AFFECT FERTILITY, PREGNANCY OR BREASTFEEDING?

Methotrexate may temporarily reduce fertility in both men and women. It may harm the unborn baby if taken at the time of conception or during pregnancy. Pregnancy should be avoided during and for at least 3 months after stopping treatment (males and females)

You should not breastfeed if you are taking Methotrexate.

ADDITIONAL ADVICE

- If your treatment is complete and you have some tablets left over return them to your pharmacist for safe disposal. DO NOT flush them down the toilet or throw them away.
- When you were given this leaflet you should also have received a booklet for recording your blood test results. If you did not receive one ask your hospital clinic for a copy.
- This information leaflet does not list all the side effects Methotrexate can cause. For a full list please see the drug information leaflet that comes with your medicine.

- antibiotics: Co-trimoxazole (known also as Septrin or Bactrim) and Trimethoprim
- Phenytoin
- some antimalarials: check with your doctor before taking
- Vitamin A
- Probenacid
- Ciclosporin

IS THERE ANY FOOD I SHOULD AVOID?

Food made from un-pasteurised milk, such as soft cheese and uncooked meats such as pate, may be a source of bacteria which could increase your risk of infection. Read food labels carefully and avoid eating these types of food.

CAN I DRINK ALCOHOL WHILE TAKING METHOTREXATE?

It is advised not to drink alcohol whilst taking Methotrexate as this may damage your liver. However, an occasional drink should not be expected to cause significant side effects (limit to 2 units per day). Your doctor can give you more information.

CAN I HAVE VACCINATIONS WHILE ON METHOTREXATE?

You should not be immunised using any of the 'live' vaccines such as oral polio, oral typhoid/measles/mumps/rubella (MMR) and yellow fever. An inactivated polio vaccine can be given, and

late. Let your doctor know if you have missed any tablets at the next visit.

If doses are taken too often notify your doctor at once. If an accidental overdose occurs an antidote may be necessary and must be given as early as possible.

WHAT ARE THE POSSIBLE SIDE-EFFECTS?

Most people do well on Methotrexate but it can affect your immune system and make you more vulnerable to illness. Occasionally, it can also produce side effects, some immediate and some within a few weeks.

Side effects which may occur in some patients taking Methotrexate include:

Immediate side effects (within 48 hours)

- nausea (but rarely vomiting)
- diarrhoea
- skin rashes

Delayed side effects (within 2 to 3 weeks)

- mouth ulcers, sore throat or mouth
- temporary loss of hair, after treatment. (When Methotrexate treatment has ended normal hair growth should return)
- increased risk of sunburn - avoid too much sun and do not use a sunlamp until you see how you react to the sun

Long term side effects (these side effects are rare)

- blood count: one of the effects is that fewer blood cells are made which may increase the risk of getting an infection or bleeding. If you can, it is best to avoid people with infections. Notify your doctor immediately if you notice any unusual bleeding or bruising, black tarry stools, blood in urine or stools, pinpoint red spots on your skin or if you have a severe/persistent infection.
- liver abnormalities: this is monitored by regular blood tests
- inflammation of the lungs (pneumonitis): with symptoms usually being fever, persistent cough (often dry and hacking) and shortness of breath. Notify your doctor if you develop any of these symptoms.

Illness can increase the risk of side effects from Methotrexate.

Dehydration from fever, significant vomiting or diarrhoea can be dangerous. Notify your doctor if these symptoms develop before your next dose of Methotrexate.

To reduce the side effects associated with Methotrexate you may also be prescribed another medication called folic acid.

It is important to remember that most patients do not experience side effects and that many of the minor side effects will improve with time.

ADVISE YOUR DOCTOR IMMEDIATELY IF YOU DEVELOP ANY OF THESE SYMPTOMS

- infections including fever, chills or sore throat
- unexplained skin rash, ulcerations or soreness of skin
- yellowing of the skin or generalised itching
- black tarry stools or unexpected bleeding or bruising
- chest pain, difficulty breathing or a dry, persistent cough
- bleeding gums, sore mouth or mouth ulcers
- severe and continuous diarrhoea, vomiting or stomach pains
- vaginal inflammation or ulcers

CAN I TAKE ANY OTHER MEDICINE ALONG WITH METHOTREXATE?

Some drugs interact with Methotrexate so you should discuss any new medication with your doctor before taking it. Do not take 'over-the-counter' preparations without first discussing this with your doctor or pharmacist; this includes medicines you can buy at a garage, newsagent, supermarket or pharmacy including herbal, vitamins, supplements and alternative remedies.

The symptoms you are trying to treat may be a side effect of Methotrexate. It is important for your doctor or pharmacist to know so they can help you. You MAY take non-steroidal anti-inflammatory drugs and painkillers as prescribed by your doctor.

Because of potential interactions you should not take:

- non-steroidal anti-inflammatory drugs (e.g. Ibuprofen) including Aspirin, NOT prescribed by your doctor