

## Rheumatology Patient Information Methotrexate Top 10

1. Methotrexate (MTX) is usually in tablet form but may be given by injection. It is taken once a week after a food. **The dose of Methotrexate will always be once a week—do not take more frequently than this.** Please visit [www.nras.org.uk/resource/methotrexate](http://www.nras.org.uk/resource/methotrexate) to watch short video on Methotrexate.
2. Folic Acid 5mgs is a supplement given with Methotrexate. It is generally taken once a week but can be taken up to 7 days a week if advised by Rheumatology.
3. Your blood will be monitored regularly while you are on Methotrexate. Rheumatology nurses will explain this process to you.
4. Report **adverse effects** including abnormal bruising, bleeding, rash, chest problems/infections, shortness of breath, dry non-productive.
5. Report symptoms of **infection** including fever, flu, infection, shingles, and chicken pox.
6. Common side effects include nausea, stomach upsets and mouth ulcers. These can be managed with support from the Rheumatology Advice Line.
7. Avoid live vaccines (e.g., Yellow Fever). Flu and Pneumonia vaccines are recommended. If you require any vaccines, please seek advice.
8. Avoid the antibiotic drugs Trimethoprim and Co-Trimoxazole, commonly used to treat urinary tract infection; a safe alternative is available if required.
9. New BSR recommendations (BSR and British Health Professionals in Rheumatology (BHPR) advise that men need not stop taking methotrexate before trying for a baby. Females should continue to avoid conception/pregnancy during treatment and for 6 months after stopping.
10. Alcohol should be kept to a minimum as larger amounts may cause problems. (National Guidelines 2 units per day for women, 3 units per day for men).

**In the event of adverse effects, infection or urgent problems please contact your GP or Out of Hours Services in the first instance as they will have direct access to an on-call Rheumatologist at the hospital for specialist advice.**

Advice regarding your diagnosis / treatment / monitoring can be obtained by contacting the Rheumatology **Advice Line on 01603 287801**. A message can be left along with your name, hospital number and return telephone number. We will return your call within 48 hours. (Mon- Fri 08.30-12.00hrs.)

