

Methotrexate

For rheumatoid arthritis and other inflammatory joint disease

THE SINGLE MOST IMPORTANT THING ON THIS PAGE

METHOTREXATE IS TAKEN ONCE A WEEK — NOT EVERY DAY.

Taking it every day by mistake can cause severe illness and can be fatal. If you have taken it on more than one day in a week, **stop and contact us or go to a hospital immediately.**

Your dose: **mg, once a week**

Circle your day: MON TUE WED THU FRI SAT SUN

Folic acid 5 mg on the **next day** — every week, without fail.

How to take it

- Same day every week. Pick the day you will remember — write it on your calendar or set a phone alarm.
- Take it with food if it upsets your stomach.
- **Never "catch up" on a missed dose.** If you miss it, skip it and take the next one on your usual day.
- Keep your blood tests up to date. These check your blood counts and liver.
- **Avoid alcohol.**
- Tell **every** doctor, dentist and chemist that you take methotrexate — some medicines, including certain antibiotics and painkillers, are dangerous with it.

PLANNING A PREGNANCY

Methotrexate must be stopped well before you try to conceive — for both women and men. Use reliable contraception while on it, and talk to us before planning a pregnancy.

STOP THE TABLET AND CONTACT US THE SAME DAY IF YOU GET

- Mouth ulcers or a sore mouth
- Fever, sore throat, or any infection
- Unusual bruising or bleeding
- New breathlessness or a dry cough
- Yellow eyes, or severe nausea and vomiting

