

METHOTREXATE

Methotrexate is an immunosuppressant medication.

It slows down your body's immune system and helps to reduce inflammation.

It can be used to treat inflammatory conditions such as:

- Rheumatoid Arthritis
- Psoriasis
- Crohn's disease

This medication is started by a Specialist in the Hospital before treatment is transferred to the GP through a Shared Care Agreement once the medication is stable.

When your medication is prescribed by the GP, you will be required to have regular blood test monitoring, to ensure their optimum safety.

These blood tests are every 12 weeks and are comprised of a Full Blood Count (FBC), a Liver Function Test (LFT) and a Kidney Function Test (U&E).

Side Effects:

Please tell your Doctor immediately, if these symptoms occur or persist:

- Sore throat, fever or chills
- Sore mouth or mouth ulcers
- Diarrhoea, vomiting or stomach pain
- Skin rashes
- Bleeding gums, black tarry stools, unexpected bleeding or bruising
- Unusual weakness
- Hair loss
- Yellowing of skin or generalised itching
- Chest pain, breathlessness, or a dry persistent cough
- Vaginal inflammation or ulcers

Cautions:

Protect your skin from sunlight:

- Your skin may be more sensitive to the sun while you're taking methotrexate.
- Stay out of bright sun and use a high factor sun cream (SPF 30 or above) even on cloudy days.
- Do not use a sun lamp or sun beds.

Having a Baby:

Methotrexate may reduce fertility in men and women.

It may also damage an unborn child.

Women

Do not take methotrexate if you are pregnant or breastfeeding.

It is recommended that you wait six months after finishing your treatment before trying to become pregnant.

You should talk to your doctor or nurse about effective contraception.

Men

It is recommended that you wait six months after finishing your treatment before trying to father a child as your sperm can be affected.

You should use effective contraception - talk to your doctor or nurse if you need advice.

East and North Hertfordshire NHS Trust Patient Information Document for Methotrexate Tablets:

<https://www.enherts-tr.nhs.uk/wp-content/uploads/2019/10/Methotrexate-Final-11.2016-web.pdf>