

## Patient Information Sheet: Instructions for Taking Methotrexate

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1. Please read the patient information sheet on Methotrexate before you begin taking your medicine.
2. Take the Methotrexate (in pill or injected form) using the following schedule:
  - a. 5mg ONCE in first week, then
  - b. 10mg ONCE in second week, then
  - c. 15mg ONCE in third week, then
  - d. 20mg ONCE in fourth week, then
  - e. 25mg ONCE weekly, for as long as your doctor directs you
3. NOTE that Methotrexate is only taken/injected ONCE per week.
4. On the other days, to help lessen any side effects, you should take
  - a. Folic acid 1mg by mouth daily
5. Your doctor needs regular blood tests to determine if your body is able to tolerate the Methotrexate. It is mandatory that you get them done. Failure to do so could result in severe health issues. Have the blood tests done using the following schedule:
  - a. Blood tests weekly for one month, then-
  - b. Blood tests monthly for as long as you are on Methotrexate.
  - c. Your doctor may change the amount of Methotrexate you take based on these tests.
6. It may take 12 weeks for Methotrexate to have its maximal effect.
7. Common minor side effects include nausea, mouth ulcers, and skin rash. Notify your doctor if you have these side effects, as often treatment can be given or the dose lowered so that Methotrexate can be continued.
8. **If you have more severe side effects, such as difficulty breathing, yellowness to the eyes, severe infections, you must seek more urgent medical attention by going to the emergency room**, as these could indicate lung toxicity, liver toxicity, or bone marrow toxicity. Methotrexate should be stopped in these circumstances.

\* Take Methotrexate following the schedule provided by your physician – this may require a graduate increase in the medication.