



M.P. SHAH HOSPITAL
— A Legacy of Care —



METHOTREXATE INJECTION PATIENT GUIDE

What is Methotrexate?

Methotrexate is a medication commonly used in the treatment of **Rheumatoid Arthritis**, **Psoriatic Arthritis**, and other autoimmune conditions. It works by suppressing abnormal high activity of your immune system to reduce inflammation, swelling, and damage to your joints.

How is Methotrexate Administered?

In our clinic, **Methotrexate** is given as an **injection** into the fatty tissue beneath the skin (subcutaneous injection) or intramuscular. This treatment is typically administered by one of our trained nurses.

Steps for Methotrexate Injection:

> Preparation:

- A nurse will prepare the methotrexate injection under sterile conditions.
- Your doctor will monitor your treatment plan and may adjust your dose based on your response.

> Injection Process:

- The nurse will choose an injection site, usually the gluteus, abdomen or thigh, and clean the area with an antiseptic wipe.
- You may feel a brief pinch when the needle is inserted, but the process is generally quick and well-tolerated.

> Post-Injection:

- After the injection, you may be monitored for a short period (10 minutes) to ensure no immediate reactions occur.
- The nurse will safely dispose of the needle and syringe.



Common Side Effects to Watch For

Methotrexate is generally well-tolerated, but it can cause side effects. If you experience any of the following, please notify your doctor or the clinic immediately:

Mild Side Effects:

- **Fatigue** or tiredness
- **Nausea** or mild stomach upset
- **Dizziness** or lightheadedness
- **Headache**

Serious Side Effects (contact your doctor right away):

- **Signs of infection**, such as fever, chills, or a sore throat
- **Unusual bruising or bleeding**, such as nosebleeds or easy bruising
- **Shortness of breath**, persistent cough, or chest pain
- **Mouth sores** or painful ulcers
- **Yellowing of the skin or eyes** (jaundice) — a sign of liver issues
- **Severe abdominal pain** or signs of gastrointestinal problems

Rare but Serious Reactions:

- **Severe allergic reactions**, such as rash, itching, or difficulty breathing
- **Swelling in the legs, ankles, or feet** (possible kidney issues)

If you experience any of these serious side effects, seek medical attention promptly.



Frequently Asked Questions (FAQs)

1. How often will I need the methotrexate injection?

- The frequency of the injections varies based on your condition and treatment plan. Typically, patients receive the injection **once a week**, but your rheumatologist will guide you on the appropriate schedule.

2. What if I miss a dose of methotrexate?

- If you miss a dose, **contact the clinic** for instructions. Do not administer an extra dose to make up for the missed one.

3. Do I need to have regular check-ups during methotrexate treatment?

- Yes, **regular blood tests** are necessary to monitor liver and kidney function, as well as your blood cell counts. These tests help ensure the medication is working safely.

4. Can I drink alcohol while taking methotrexate?

- **No.** Alcohol can increase the risk of liver damage, which is a potential side effect of methotrexate. It is recommended to avoid alcohol during your treatment.

5. Are there any special instructions after my injection?

- There are no special instructions after your injection, but you may experience mild soreness at the injection site. If you notice any unusual reactions, please inform your doctor or nurse.

6. Can I stop the methotrexate injections if I feel better?

- **No.** You should not stop taking methotrexate without consulting your doctor, as discontinuing it can lead to flare-ups of your condition. Always follow your doctor's advice.

7. Can I take other medications with methotrexate?

- Some medications may interact with methotrexate. Be sure to inform your rheumatologist about any other medications (including over-the-counter drugs and supplements) you are taking to avoid potential interactions.



Important Safety Information

> Before Starting Treatment:

- Inform your doctor if you are pregnant, planning to become pregnant, or breastfeeding, as methotrexate can be harmful to an unborn baby.
- If you discover you are pregnant in the course of treatment, stop the medication and inform your doctor and nurse.
- Make sure your doctor knows if you have a history of liver disease, kidney problems, or other health conditions.

> Regular Monitoring:

- Methotrexate treatment requires ongoing monitoring with **blood tests** to check liver and kidney function, as well as blood cell counts. Your rheumatologist will schedule these tests regularly.

> Vaccinations:

- Some vaccines may not be safe while on methotrexate. Check with your healthcare provider before receiving any vaccinations.



When to Contact the Rheumatology Clinic

- If you experience **fever, chills, sore throat**, or signs of infection.
- If you develop **unexplained bruising, nosebleeds**, or other signs of bleeding.
- If you experience **yellowing of the skin or eyes** (jaundice).
- If you have **shortness of breath, chest pain, or persistent coughing**.
- If you notice **swelling in your legs, feet, or ankles**, or any other severe symptoms.

For any concerns or unexpected symptoms, please contact our clinic right away.



Storage Instructions

Methotrexate Injection:

- Store the medication as directed, typically **in the refrigerator** (but not frozen). Always follow the specific storage instructions provided by your healthcare provider.

Dispose of Needles Safely:

- After the injection, needles and syringes should be disposed of in a **sharps container**. Do not throw them in the trash.

Emergency Contact

If you experience a severe allergic reaction (e.g., rash, difficulty breathing), seek emergency medical care immediately.



For More Information or to Schedule an Appointment, Contact Our
Rheumatology Clinic

Phone: 0204291762

Website: <https://mpshahhosp.org>

Clinic Hours:

**Monday, Tuesday, Thursday and Friday
10am-3pm**

We are here to support you through your treatment.
Please reach out if you have any questions or concerns about your
methotrexate therapy.

This version aligns with the typical practices and needs of patients
being treated for conditions such as rheumatoid arthritis and other
autoimmune diseases in a rheumatology clinic.



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