

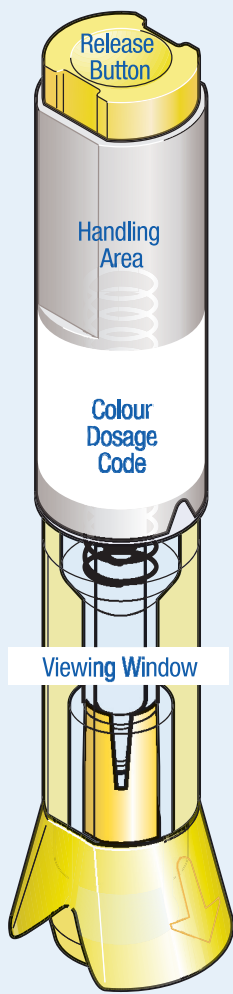
Instruction guide for using Metoject® PEN

Steps to self injection

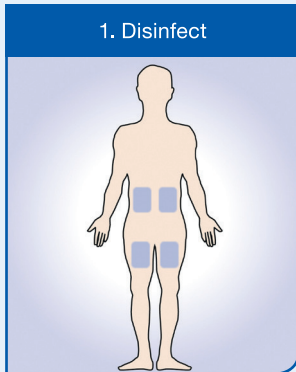


Before administering Metoject®, please remember to:

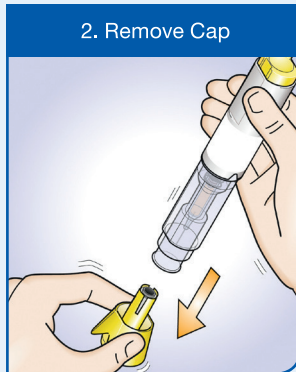
- Wash your hands thoroughly and allow to dry
- Remove the pen from its packaging
- Select a different injection site each week to prevent irritation



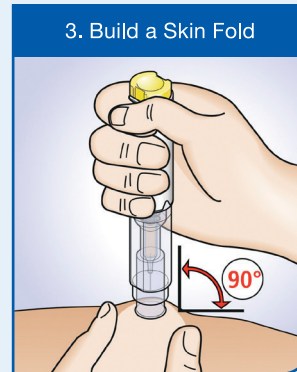
Protecting cap covering window shield



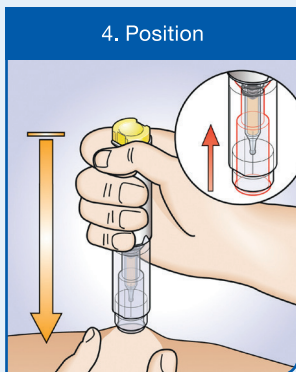
- 1. Disinfect**
- Injection zones: Abdomen or upper thighs
 - Use the alcohol pad included to disinfect the chosen injection site.



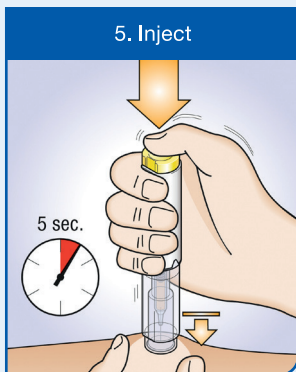
- 2. Remove Cap**
- Pull the yellow cap off in a downwards motion.



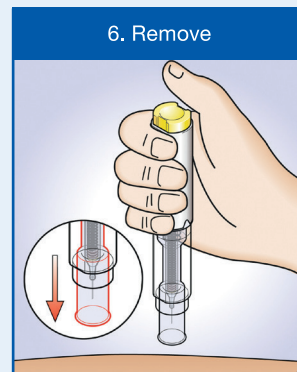
- 3. Build a Skin Fold**
- With your free hand, gently build a skin fold.
 - Place the pen on your skin at a 90 degree angle.



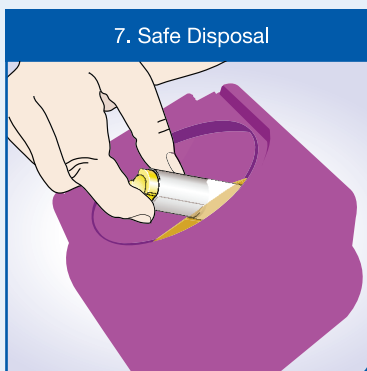
- 4. Position**
- To unlock the injection button, press the pen gently onto the skin fold.
 - Hold the pen firmly on your skin during the injection process.



- 5. Inject**
- Press the button to initiate the injection.
 - You will hear a click which indicates the start of the injection.
 - Wait 5 seconds until all of the fluid is injected.



- 6. Remove**
- Ensure there is no remaining fluid in the pen, then release the skin and remove the pen.
 - The needle protection shield will automatically slide over the needle and lock in place.



- 7. Safe Disposal**
- For your safety, dispose of the Metoject® PEN into the dedicated sharps bin.
 - All other packaging can be disposed of in your normal household waste.

Metoject® reminders

- Only inject Metoject® ONCE a week
- Inject on the same day each week
- If you forget to inject Metoject® on the correct day, contact your rheumatology clinic for advice
- Do not drink large amounts of alcohol as methotrexate can cause liver damage. You can reduce this risk by avoiding alcohol
- Do not get pregnant whilst taking Metoject®
- Do not breastfeed prior to, or during treatment with Metoject®
- Patients who are sexually active must use effective contraception during treatment and for six months after stopping treatment
- If you experience tiredness or dizziness during treatment, do not drive or use machinery
- Contact your GP or consultant URGENTLY if you develop a dry cough or become breathless whilst on Metoject®
- Methotrexate can interact with other drugs so please check with your GP or pharmacist if you need to take other medication

Travel advice

Metoject® should be stored at room temperature. However if the room temperature rises above 25°C, then store in a cooler, dry place or in a fridge (minimum temperature 2°C).

Due to heightened security measures when flying, it is advisable to have a letter from your doctor confirming you are on a prescribed medication. When flying, you must always transport Metoject® in your hand luggage.

- If you need any vaccinations before you travel, please check with your nurse first before you have them
- If you develop diarrhoea and/or vomiting whilst on holiday, stop taking Metoject® and seek medical advice
- For further travel advice, speak to your doctor, nurse or pharmacist

Do NOT use Metoject® if:

- You are allergic to methotrexate or any of the other ingredients
- You suffer from severe liver, kidney or blood diseases
- You drink large amounts of alcohol
- You suffer from any severe infection eg tuberculosis or HIV
- You have a stomach ulcer or intestinal ulcer
- You are pregnant or breastfeeding

If you need any vaccinations, please check with your nurse first before you have them. For further information, please speak with the Rheumatology Department of your local hospital.



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