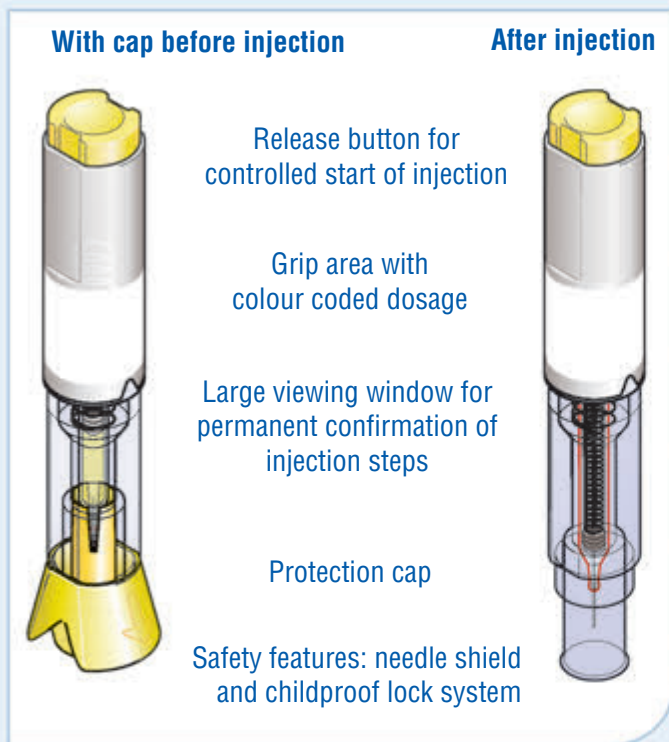


Before administering Metoject®, please remember to:

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

## 4 simple steps to self-injection

### Metoject® PEN details



**1. Remove cap**

■ Pull cap straight off

**2. Build skin fold**

■ Build a skin fold

■ Hold PEN at a 90° angle

**3. Inject**

■ Push Pen down until you feel the stop point (unlock button)

■ To start the injection: Press the yellow button and then hold for 5 seconds

**4. Remove**

■ Ensure there is no remaining fluid in the pen and remove from the skin

■ The needle protective shield will then lock into place

### Sharps Disposal: Bin Replacement

Fannin Ltd, in conjunction with the licensed contractor SRCL, provide a sharps bin for the disposal of used Metoject PENS. Please contact SRCL for a replacement bin.

#### Contact Details:

SRCL : Sharps Bin Collection/Replacement : Tel: 01 465 9136

Fannin Ltd : Tel: 01 290 7097  
Information Email : metoject@fannin.eu



For your safety, dispose of the Metoject®PEN into the dedicated sharps bin. All other packaging can be recycled.

## 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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