

# Administration Guidelines for Metoject 50mg/ml Solution for Injection Prefilled Syringe



50mg/ml Solution for Injection Prefilled Syringe



Before administering Metoject®, please remember to:

- Choose a quiet, clean area which has a flat surface
- Wash your hands
- Choose a different injection site each week to prevent irritation
- Ensure the needle is fully inserted into the skin when injecting



**1** Check your drug is in date, is the correct dosage and has your name on it. Open the carton and read the information leaflet. Remove the inner plastic container from the carton.



**2** Hold the plastic carton containing the syringe level. Peel back the white paper cover and remove the syringe.



**3** Hold the barrel of the syringe and needle shield firmly.



**4** Twist and pull until the needle shield is loose and gently remove. Do not touch the sterile needle.



**5** Please note that there should be an air bubble in the syringe. This is to ensure all the liquid is pushed out of the syringe during injection and is completely harmless.



**6** Do not touch the sterile needle. Grip a skin fold at the injection site using your thumb and index finger. Insert the needle fully into the skin at a 90° angle. Push the plunger slowly to inject the entire contents of the syringe.



**7** Slowly pull the needle straight out and dab the injection site with clean cotton wool or a swab. Do not rub the injection site as this may irritate the skin.



**8** For your safety, dispose of the syringe into a special sharps bin. All other packaging can be disposed of in your normal household waste.

Please read the other side of this leaflet.

## 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, ring your rheumatology helpline 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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