



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



Ospidéal Ollscoile Chorcaí
Cork University Hospital

Department of Rheumatology

Methotrexate

Patient Information Sheet

Why am I prescribed Methotrexate?

Methotrexate is used to treat several different types of Rheumatic diseases including Rheumatoid arthritis and Psoriatic arthritis. Methotrexate can reduce inflammation by reducing the activity of the immune system, so it is always used with care.

When do I take Methotrexate?

Methotrexate is usually taken in tablet form **once a week on the same day**. It should be taken with food. The tablets should be swallowed whole and not crushed or chewed.

How long will Methotrexate take to work?

Methotrexate does not work immediately. It may be 6–12 weeks before you notice any benefit.

What dose should I take?

Methotrexate tablets are available in 2.5mg and 10mg doses. **These tablets are very similar in appearance so you should always check the dose is correct.**

Your doctor will advise you what dose you should take. Usually you will start on a low dose (for example 7.5mg or 10mg a week). Your doctor may then increase this depending on your disease progression. Methotrexate is not a painkiller. So if you are on a painkiller you may continue to take this as well as Methotrexate, unless your doctor advises otherwise

What are the possible side effects?

Most common side effects include feeling of sickness, diarrhoea, mouth ulcers, hair loss and skin rashes. Your doctor may prescribe folic acid tablets as this can reduce the likelihood of side effects. Do not take Folic Acid tablet on the day you take the Methotrexate tablet.

Taking Methotrexate can affect the blood count (one of the effects is that fewer blood cells are made) and can make you more likely to develop infections. If you develop a **sore throat** or **other infection**, or if you have a **fever**, if you develop **unexplained bruising or bleeding**, or if you develop any **new symptoms** after starting Methotrexate you should consult your doctor.

Rarely Methotrexate may cause, inflammation of the lung with breathlessness. If you become **breathless**, you should see your doctor immediately.

Methotrexate therapy increases the risk of developing lymphomas, Skin cancer and other malignancies. While taking Methotrexate you should avoid direct sun light and the use of tanning beds. You should use SPF 30 or higher when out in the sun.

If you have not had chickenpox but come into contact with someone who has chickenpox or shingles, or if you develop chickenpox or shingles while you are taking Methotrexate, you should see your doctor immediately as you may need treatment for the same.

Do I need any special checks while on Methotrexate?

Because Methotrexate can affect the blood count and sometimes cause liver problems, your doctor will arrange for you to have regular blood checks while taking this. Bloods should be done with your doctor monthly for the first 3 months and then every 3 months

Can I take other medicines along with Methotrexate?

Some drugs interact with Methotrexate so you should always let any doctor treating you know that you are taking Methotrexate.

Do not take 'over the counter' preparations without discussing this first with your doctor, nurse or pharmacist. Do not take drugs containing trimethoprim (for example septrin).

Can I have vaccinations while on Methotrexate?

It is recommended that you should not be immunised using any of the 'live' vaccines such as polio, rubella and yellow fever. An 'inactivated' polio vaccine can be given instead of the 'live' polio vaccine and the inactivated version should be also given to people you are in close contact with such as members of your household. Flu vaccine, pneumovax and covid-19 vaccine are safe and recommended. You should not take your methotrexate for 1 week after the vaccination.

Does Methotrexate affect fertility or pregnancy?

Methotrexate may result in a reversible decrease in fertility. Pregnancy should be avoided while you are taking this medication. Once Methotrexate has been stopped, women must wait **at least 1 month** before trying to conceive. Paternal exposure to Methotrexate is not contra indicated. If you are planning a family, or if you become pregnant while taking Methotrexate, you should discuss this with your doctor as soon as possible. Taking Methotrexate is contraindicated while breastfeeding.

May I drink alcohol while taking Methotrexate?

If you drink alcohol you should only drink it in small amounts because Methotrexate and alcohol can interact and damage your liver. Discuss this with your doctor.

Contact Details

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Always remember!

Check the dose of your Methotrexate tablets printed on the medicine container. Keep all medicines out of reach of children. Please note that this information leaflet does not list all the side effects of Methotrexate. Always read the drug information leaflet which comes with your medicine.