



Information for
patients and
carers

**Methotrexate self-injection pen
(Metoject®)**

Administration

Only inject with Metoject® PEN ONCE A WEEK

- Inject on the same day each week
- Do not take oral methotrexate whilst you are being treated with Metoject® PEN
- If you forget to inject with Metoject® PEN on the correct day, contact your healthcare professional for advice
- Do not get pregnant whilst being treated with Metoject® PEN
- Do not breastfeed during treatment with Metoject® PEN
- If you are sexually active, you 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 healthcare professional URGENTLY if you develop a dry cough or become breathless whilst being treated with Metoject® PEN
- Methotrexate can interact with other drugs so please check with your healthcare professional before you take any other medication
- Regular monitoring is important
- Check with your healthcare professional if you need any vaccinations

Pregnancy and contraception

Women – Do not use Metoject® PEN during pregnancy, breastfeeding, or if you are trying to become pregnant. Methotrexate can cause birth defects, harm the unborn child, or cause miscarriage.

You must use effective contraception during treatment and for six months after stopping treatment.

If you do become pregnant or suspect you might be, please speak to your healthcare professional as soon as possible.

Men – You should avoid fathering a child or donating semen whilst being treated with Metoject® PEN. Methotrexate can cause birth defects, harm the unborn child, or cause miscarriage.

You must use effective contraception during treatment and for six months after stopping treatment.

Monitoring

Even when administered in low doses there is a possibility that you could experience some side effects. Therefore you will need to have regular check-ups and blood tests. Generally you will be having blood tests every 1-2 weeks until your condition is stable on the treatment, and then every 2-3 months thereafter. You will be familiar with these tests if you have already taken oral methotrexate.

Before starting treatment with Metoject® PEN, blood samples will be taken from you. These will be used to check your liver and kidney functions, for example.

STORAGE

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

Keep PENs out of sight and reach of children.

Travel Advice

When flying, Metoject® PENs must always be carried in your hand luggage. If required by the airline, ask your doctor for a letter, or ask them to complete a Metoject® PEN travel certificate, confirming you are on this prescribed medication.

If you need any vaccinations before travelling, please check with your healthcare professional first.

If you develop diarrhoea and or/vomiting whilst on holiday, stop taking Metoject® PEN and seek medical advice.

For further travel advice, speak to your healthcare professional.

Spillage

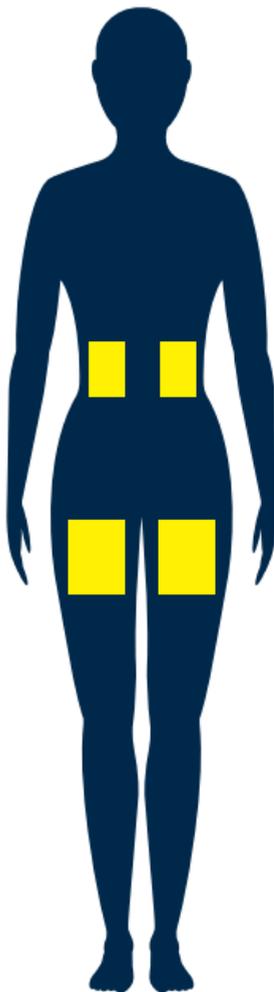
Spillage onto skin: Wash the affected area with plenty of soap and water. Do not scrub

Spillage into the eyes: Wash the eye(s) with plenty of water for at least five minutes. It is recommended that you should contact your own doctor, local hospital emergency department or eye hospital.

Spillage onto work surfaces and floors: put on some household or latex gloves. Wash the contaminated area with soap and copious amounts of water, and wipe clean. Discard all paper towels into the cytotoxic waste bin.

INJECTION SITES

- Injection sites are upper thighs or abdomen (except around the belly button).
- Choose a different injection site each week to minimise possible irritation.
- Never inject into areas where the skin is red or hard or where you have scars or stretch marks.
- If you have psoriasis, try not to inject directly into raised, thick, red or scaly skin patches or lesions.



Disposal of Metoject® PENs

- Cytotoxic sharps boxes (purple) will be provided by the hospital specialist nurse on initiation of treatment when attending for the self-administration training
- Once the sharps box is full and has been sealed it can be dropped off at the GP for disposal or collected by the local council in exchange for an empty one. This differs in areas so make sure the patient is aware of the correct process (the GP surgery should have these details)
- Some pharmacies may dispose of these bins, however you will need to discuss with them individually

Contact details

IBD specialist nurse – Tel: 01772 523763

Email: IBDSERVICE@LTHTR.nhs.uk

Manufacturer website - <https://metoject.co.uk/uk-patients/>

Preston city council website - <https://www.preston.gov.uk/clinicalwaste>

Chorley council website - <https://chorley.gov.uk/article/1100/Clinical-waste-and-medical-sharps-collection>

Reference

Medac Pharma (2020, August). Retrieved January 2022, from Using your Metoject pen: <https://metoject.co.uk/app/uploads/2021/03/medac-Metoject-Pen-Adult-Admin-Guide-Reduced-File-Size-November-2020.pdf>

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.patient.co.uk

www.accessable.co.uk

All our patient information leaflets are available on our website for patients to access and download:

www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

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If you want to stop smoking you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

Gujarati:

આ માહિતીને સમજવામાં સહાયતા જોઈતી હોય તો કૃપા કરીને પૂછો. આ માહિતી મોટા છપાણામાં અને અન્ય ભાષામાં ઉપલબ્ધ કરી શકાય છે.

Romanian:

Vă rugăm să întrebați dacă aveți nevoie de ajutor pentru înțelegerea acestor informații. Aceste informații pot fi puse la dispoziție în format mare și în alte limbi.”

Polish:

Poinformuj nas, jeśli potrzebna jest ci pomoc w zrozumieniu tych informacji. Informacje te można również udostępnić dużym drukiem oraz w innych językach

Punjabi:

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸਮਝਣ ਵੱਲੋਂ ਮਦਦ ਲੈਣੀ ਚਾਹੋਗੇ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਇਸ ਬਾਰੇ ਪੁੱਛੋ। ਇਹ ਜਾਣਕਾਰੀ ਵੱਡੇ ਪ੍ਰਿੰਟ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵੱਲੋਂ ਮੁਹੱਈਆ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

Urdu:

دو سر ی زبانوں او ر بڑی اگر آپ کو ہی معلومات سمجھنے کے لیے مدد کی ضرورت ہے تو ییچھپیا یس یبھ ابی دست بو یسکت ہے برا ئے مہر یبان پو ے یچھہ ی۔ معلومات

Arabic:

مطبوعه بأ حروف كبير ة و بلغات إذا كنت تريد مساعده في فهم هذه لمعلومات يُرجى أن تطلب أخرى يمكن تو فسير هذه المعلوما ت

Department: Gastroenterology

Division: Medicine

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