

PHARMACY

Drug Information

Methotrexate Tablet



What is Methotrexate?

- Methotrexate is an anticancer drug used to treat many types of cancer.

How is Methotrexate Administered / Taken?

- Methotrexate is given ONCE a WEEK. It should be swallowed whole with a glass of water. Try not to touch the medicine with your bare hands, use the medicine cup provided to take your medicine.
- Do not chew or crush the medicines. Inform your doctor or pharmacist if you have difficulty swallowing.

Can Methotrexate be Administered / Taken With Other Medications?

- Please inform your doctor or pharmacist if you are taking other medications, including supplements, traditional or herbal remedies.

What are the Important Side Effects of Methotrexate?

- Medications prescribed by your doctor should be beneficial for your condition even though they may result in some inevitable side effects.

Side Effect	Management
Risk of infection may be increased as Methotrexate can reduce the number of white blood cells in your blood	<ul style="list-style-type: none"> • To reduce risk of infection: <ul style="list-style-type: none"> - Wash your hands after using the toilet. - Avoid crowds and people who are sick. - Do not share food and avoid eating raw food. • Please proceed to the A & E department immediately if you experience signs of infection such as fever with a temperature of 38°C or above, chills and shivering. Avoid taking Paracetamol (Panadol®) to relieve fever. Be aware that taking Paracetamol may mask fever and hence delay treatment of infection.

Side Effect	Management
Nausea or vomiting	<ul style="list-style-type: none"> • Small frequent meals or sucking hard, sugar-free candy may help. • Please remember to take the medicines for nausea or vomiting as instructed by your doctor if any. • Take the medication with or after food to reduce nausea and/or vomiting
Diarrhoea	<ul style="list-style-type: none"> • Your doctor may prescribe medicines to control diarrhoea. Inform your doctor if it is severe and/or does not improve with medicine use. • Make sure you drink at least two litres (8 cups) of fluids every day when you are having diarrhoea. • Avoid milk or dairy products and/or high fibre food while you are having diarrhoea.
Bruising or bleeding may occur as Methotrexate can reduce the number of platelets in your blood	<ul style="list-style-type: none"> • To reduce risk of bleeding problems: <ul style="list-style-type: none"> - Try not to bruise, cut or burn yourself. - Clean your nose by blowing gently. Do not pick your nose. - Brush your teeth gently with a soft toothbrush as your gums may bleed more easily. - Be aware that bleeding may take a longer time to stop. • Please proceed to the A & E department immediately if you experience any signs of bleeding such as <u>as large amount of fresh blood</u> in urine or stools, or black sticky stools, or significant and/or multiple bruising.

Side Effect	Management
Mouth ulcers can occur on the tongue, the sides of the mouth or in the throat and this can lead to an infection	<ul style="list-style-type: none"> • Brush your teeth gently after eating and at bedtime with a soft toothbrush. • Rinse and brush your dentures after eating and soak them in denture solution overnight. • Rinsing your mouth regularly with an alcohol-free mouth gargle or salt water may help reduce chances of infection.
Skin sensitivity to sun	<ul style="list-style-type: none"> • Avoiding direct sunlight and applying sunscreen with an SPF (sun protection factor) of at least 30 may help. Alternatively, wear a hat, long sleeves, and long pants outside on sunny days. • Applying moisturizers to dry areas may help. • Inform your doctor if skin reactions persist or get worse.
Fatigue or tiredness	<ul style="list-style-type: none"> • Do not drive or operate machinery if you are feeling tired. Inform your doctor if fatigue is persistent or worsens.
Changes in the way the liver works	<ul style="list-style-type: none"> • Please proceed to the A & E department immediately if you experience any yellowing of eye white and skin or tea-coloured urine, pale stools or severe abdominal pain.
Rarely, interstitial lung disease may occur	<ul style="list-style-type: none"> • Please proceed to the A & E department immediately if you experience a sudden onset of shortness of breath, cough and/or fever.

If you develop rashes, facial swelling or shortness of breath after taking the medication, you could be allergic to the medication. Please seek medical attention immediately.

Are There any Special Precautions That I Need to Take?

- It is important to inform your doctor if you intend to conceive or breastfeed while taking this medication.
- You must not become pregnant during treatment with Methotrexate and must use an effective method of contraception. You should take appropriate contraceptive measures during and up to 6 months after cessation of treatment.
- If pregnancy occurs during your treatment, you must inform your doctor immediately.
- Methotrexate may have an anti-fertility effect, which could be irreversible. You should discuss with your doctor regarding fertility preservation prior to starting treatment.
- You should not breastfeed during treatment.

What Else can I do to Help My Condition?

- Exercise

Light exercise is recommended as it helps to improve mobility, balance and even emotional well-being. Avoid strenuous exercises, and rest when you are feeling tired.

- Stay positive

Understand your condition and take an active role in managing it. Do not be afraid to talk about it with your doctor/ pharmacist/ family members. Repressed feelings can be harmful to your immediate well-being and long-term health.

- Adequate hydration

Maintain adequate hydration with two to three litres (eight to 12 cups) of fluids per day unless informed by your doctor to restrict fluids. This will decrease your chances of being constipated and also helps to prevent dehydration.

- Medical and dental treatment

If you need to go into hospital for any reason other than cancer, always inform the doctors and nurses that you are having chemotherapy.

Talk to your cancer doctor if you think you need dental treatment. Always inform your dentist that you are having chemotherapy.

How do I Store Methotrexate?

- Store your medication in a cool, dry place away from heat, moisture and direct sunlight.

If you have any problem with your treatment, please contact your doctor, pharmacist or nurse clinician.

Please keep all medications out of reach of children.

You can also find useful information with regards to your medication on this website:

<https://www.macmillan.org.uk/information-and-support>

