



Things to remember about methotrexate

1

Methotrexate is the best medicine for your condition; when used properly it should control joint inflammation.

2

If you're taking methotrexate, you should also be taking folic acid. Each is taken once a week, a few days apart; for example:
Methotrexate on a **M**onday
Folic acid on a **F**riday

3

Keep up to date with flu and pneumonia vaccinations but avoid live vaccines.

4

Don't take methotrexate and antibiotics together. If you need to take an antibiotic, stop the methotrexate until the antibiotic has finished.

5

You should have a maximum of 6 units alcohol per week.

6

Remember to book your blood tests. These will be done here until you are on the right dose. At that point, your GP will take over the blood tests -we will tell you when that happens.