**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. It is crucial that you take these medicines as advised. They work best if you take them on the same day each week but not together: the following ‘saying’ may help:

**M**ethotrexate on a **M**onday

**F**olic Acid on a **F**riday

1. Keep up to date with flu and pneumonia vaccinations but avoid live vaccines.
2. Don’t take methotrexate and antibiotics together; if you need to take an antibiotic, stop the methotrexate until the antibiotic has finished.
3. You should have a maximum of 6 units alcohol per week.
4. You will need to have blood tests.
5. We will supply you with the medication until you are on the right dose. At that point, your GP will take over prescribing the tablets – we will tell you when that happens.

