

Reference

Royal College of Nursing: Administering subcutaneous methotrexate for inflammatory arthritis; RCN guidance for nurses; June 2016

Notes

Further information can be obtained from:

The Rheumatology day unit
RNHRD and Brownsword therapies building
RUH

Phone: 01225 473482 or 01225 428823

Royal United Hospitals Bath NHS Foundation Trust
Combe Park, Bath BA1 3NG
01225 428331 www.ruh.nhs.uk

Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital.

Email ruh-tr.pals@nhs.net or telephone 01225 825656.

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Rheumatology

Patient Information Leaflet

SELF-ADMINISTRATION OF

METHOTREXATE





Your Medication is changing

This is to complement the step-by-step guide - your medication is changing. This training programme helps you have more control and independence at the same time as receiving treatment for your arthritis. If you feel that you do not want to inject yourself or receive this treatment please let the nurse know.

What happens when you decide to inject methotrexate?

You and your /or carer will be:

1. given information to read about the drug and have time to ask questions
2. able to practice getting the injection ready and giving the injection with a member of the team supervising

When you have managed this you or your carer will prepare and give the injection at home.

At each stage of the teaching process you or your carer will be asked to sign a form. This form asks you to sign if you feel you have been given enough support and training to be able to give your own injection. It is important that the rheumatology team know you are confident and safe to continue with the next steps.

You should be informed by your rheumatology hospital how often you need to be seen. You and your GP will be informed how often you should have blood tests; this can be found on the trust website www.rnhrd.nhs.uk. You should be informed by your doctor or nurse if there is a problem with your blood and what action you should take. You should also receive written information on the possible problems

Rheumatology Support line

The following numbers are available to offer support and advice:

Rheumatology Day unit 01225 473482 between the hours of:
09.00-17.00 Monday - Friday

Biologics specialist Nurse 01225 428823 between the hours of:
09.00–12.00 Monday - Friday

There is an answer phone service on both of these numbers where a message may be left. If you have a non-urgent problem out of these hours a message may be left and your call will be returned in normal working hours. If you have a medical problem out of hours you should contact your GP who, if needed, will be able to contact the on-call doctor at the hospital

Other contact Numbers

NASS **Helpline** 020 8741 15 15

NRAS 01628 670606

Versus arthritis 0800 5200520

Versus Arthritis have over 80 booklets, leaflets and information sheets for people with arthritis.

All Versus arthritis leaflets are free and can either be picked up in the department or down loaded from the Versus arthritis website <https://www.versusarthritis.org/>

Date of injection	Right leg	Left leg	Stomach	Comments

- **Giving the methotrexate injection**

Refer to the Metoject booklet you were given.

- **What to do after the injection**

Do not put any of the used items in with your normal household waste. Ensure that all used equipment (i.e. the used syringe and needle, cotton wool ball, screw top, and packaging – and the gloves (if used) has been put into the sharps bin. The bin must be stored out of sight and reach of children and closed, **but not locked**. Your next injection will be due in one week’s time.

After the injection:

1. Wash and dry hands.
2. Wipe clean your preparation area.
3. Record the site and date of injection in your diary sheet.
4. If there is bleeding or bruising at the injection site or a small amount of blood in the very tip of the syringe, do not worry. This sometimes happens if the needle has punctured a small blood vessel; the bleeding will soon stop and the bruising fade.
5. On rare occasions methotrexate can leak into the surrounding skin causing irritation or redness when you give an injection. If this happens contact your rheumatology support line.