



METHOTREXATE Generic Name



Brand Names: Otrexup, Rasuvo, Rheumatrex, Trexall

WHAT IS IT?

Methotrexate (MTX) is one of the most effective and commonly used DMARDs (Disease Modifying Anti-Rheumatic Drug). It is often used to treat rheumatoid arthritis (RA) and other forms of inflammatory arthritis, as well as lupus, inflammatory myositis and vasculitis. MTX decreases the pain and swelling of arthritis, and can also decrease damage to joints and long-term disability.

The safety profile of MTX is often misunderstood because, in much higher doses, MTX is also used to treat some forms of cancer. Most patients using MTX to treat inflammatory arthritis take between 10 and 25 milligrams (mg) per week, whereas the doses used to treat leukemia and other types of cancer are more than a hundred times larger.

DO's

- Take Folic Acid daily while on this medication
- Drink plenty of fluids daily
- Minimize exposure to direct sunlight (wear sunscreen)
- Check your labs every 2-3 months

DON'Ts

- Do not use if your body is fighting off an infection
- Do not use in combination with aspirin and other salicylates
- Do not use if you excessively drink alcohol
- Do not use if you are experiencing an allergic reaction to the drug

POTENTIAL SIDE EFFECTS

Abdominal discomfort; chills; dizziness; fever; general feeling of illness; hair loss; headache; increased sun sensitivity; itching; liver problems; low blood counts; mouth sores; nausea; rash; shortness of breath; yeast infections.



DOSING

7.5 mg to 25 mg in a single weekly dose Most arthritis patients take methotrexate orally, in a dose consisting of several pills. Some find that splitting the dose eases gastrointestinal side effects; take half the pills in the morning and the other half 12 hours later, preferably with food.

MY DOSE: _____ mg

I will take _____ pills orally, **once** a week. If I experience an upset stomach I will take _____ pills in the morning and _____ pills in the evening, **once** a week.