

Methotrexate Oral

Methotrexate is a medicine that helps slow the body's immune system. It is used to treat certain types of cancer, rheumatoid arthritis, and psoriasis. It can also be used for other autoimmune diseases. This medicine lowers swelling and helps stop joint damage.

It is available as a tablet or liquid. Common brand names include Jylamvo™, Trexall®, and Xatmep®.



Warnings and Precautions

- **You must take it as directed:** This medicine can be very strong. It may harm your liver, lungs, or blood cells if taken the wrong way. It can be deadly if you take too much. You must take it exactly as your care team tells you.
- **Pregnancy and breastfeeding:** This medicine may cause harm to or the death of an unborn baby. Tell your care team if you or your sex partner is pregnant, planning to become pregnant, or breastfeeding. Use birth control while on this medicine and for some time after.
- **Immune system issues:** Tell your care team if you often get infections or if you think you may have an infection now. Tell them if you have or have ever had hepatitis B, cytomegalovirus, shingles, tuberculosis, or any other condition that affects your immune system.

- **Skin reactions:** This medicine may cause severe skin reactions. If you have a fever, sore throat, rash, or flu-like symptoms, call your care team right away. If you have a severe skin rash with blisters or peeling skin, or a rash that spreads quickly after taking methotrexate by mouth, it can mean a life-threatening skin reaction. If you have these symptoms, stop taking methotrexate and get emergency medical attention right away.
- **Kidney disease:** Tell your care team if you have or have ever had kidney disease or if you are being treated with dialysis.
- **Blood tests:** You will need regular blood tests while taking this medicine.
- **Do not drink alcohol:** Do not drink alcohol while taking this medicine. It may raise your risk of liver damage. Talk to your care team if you need help to quit drinking.
- **Other medicines:** Tell your care team about all medicines you take. Include prescription and over-the-counter medicines, supplements, vitamins, and herbal products.
- **Avoid sunlight and UV light:** This medicine may make your skin sensitive to sunlight or ultraviolet light. Avoid long exposure to sunlight, tanning beds, or sunlamps. Wear protective clothing, sunglasses, and sunscreen.
- **Vaccines:** Do not get any vaccines during your treatment without talking to your care team first.

How to Take It

It is very important to follow your care team's instructions on how to take this medicine. Ask them to explain anything you do not understand.

Here are some tips on how to take it:

- **Take on the right day:** Usually, this medicine is taken once a week, not every day.
- **Take the right dose:** Taking too much can be deadly.
- **Use the measuring tool:** If you take the liquid, use the measuring tool that comes with it. Do not use a kitchen spoon. If there is no measuring tool, ask your pharmacist for one.
- **Take with or without food:** If this medicine upsets your stomach, try taking it with food.
- **Drink water:** Stay hydrated to help protect your kidneys.

Common Side Effects

- Feeling tired or dizzy
- Mouth sores
- Upset stomach
- Headache
- Chills
- Thinning hair

Serious Side Effects

If you have severe symptoms, get help right away. Serious side effects from this medicine may include:

- Chest pain, cough, or shortness of breath
- Yellow skin or eyes
- Vomiting blood or black stools
- Severe skin rash or peeling skin
- Unusual bruising or bleeding

Rarely, you may have a dangerous allergic reaction. Signs of a severe reaction include trouble breathing, dizziness, stomach pain, a sudden full-body rash, or swelling of the face, lips, tongue, and throat.

Dietary Advice

- Eat healthy meals.
- Drink extra water each day, unless your care team tells you not to.
- Do not drink alcohol while taking this medicine.

Storage and Disposal

- **Storage:** All forms of this medicine can be stored at room temperature, away from heat and moisture. Some liquid forms can also be refrigerated. Follow the instructions that come with the medicine. Keep it out of reach of children and pets.
- **Disposal:** You should take all the medicine as your care team instructs. If your prescription is changed, do not flush unused medicine down the toilet. Dispose of medicines in a way that prevents pets, children, and others from consuming them. It is best to use a medicine take-back program. Ask your pharmacy about programs in your community.

If You Forget a Dose

- Call your care team. They will tell you what to do about the missed dose.
- Never take 2 doses at once.

If You or Someone Else Takes Too Much

- If you or someone else takes too much of this medicine, call Poison Control at 1-800-222-1222. Be ready to tell or show what was taken, how much, and when it happened.
- If the person has trouble breathing, has a seizure, or cannot wake up, call 911 or go to the Emergency Room right away.

When to Contact Your Care Team

Call your care team if you have:

- Any fever
- Any rash
- Flu-like symptoms
- New or worsening cough or changes in breathing
- Mouth sores or painful swallowing
- Nausea, vomiting, or diarrhea that will not stop
- Unusual tiredness, weakness, or feeling very sluggish



- Yellowing of your skin or eyes, dark urine, or pain in the upper right part of your belly
- Unusual bruising or bleeding, or red or black stools
- Swelling in your legs, feet, or ankles
- Any questions or concerns about your symptoms or the medicine

When to Call 911 or Go to the Emergency Room

Get help right away if you have:

- Trouble breathing, shortness of breath, or wheezing
- Swelling of your face, lips, tongue, or throat, or trouble swallowing
- Severe skin rash with blisters or peeling, or a rash that spreads quickly
- Sudden chest pain, severe headache, confusion, or trouble seeing or speaking
- Seizures or loss of consciousness
- Vomit that is bloody or looks like coffee grounds, or black, tarry stools

If you are not sure if your symptoms are serious, it is safest to get help right away.

Thank You for Choosing Us

Thank you for trusting us with your care. We are here to support you and want you to feel your best. Contact us with any questions.

IF YOU HAVE A MEDICAL EMERGENCY, CALL 911 OR GO TO THE EMERGENCY ROOM.

The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.

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