

METHOTREXATE

YOU HAVE BEEN PRESCRIBED METHOTREXATE



WHAT IS IT?

Methotrexate is most commonly used to treat psoriasis, reactive arthritis, bullous pemphigoid, severe dermatitis, lupus, scleroderma, and sarcoidosis. It belongs to a class of drugs known as antimetabolites. It works by suppressing the immune system.

WHAT TO EXPECT

- Baseline lab tests and chest x-ray
- Start test dose, 5-10mg **ONCE PER WEEK**
- Repeat labs in 2 weeks
- May increase dose per doctor's order
- Take Folate 1mg daily **EXCEPT** on the day you take Methotrexate
- Repeat labs every month while increasing dose, then every 3-4 months
- Partial onset at 1-4 weeks and complete onset at 2-3 months when on the optimal dose

CONTRAINDICATIONS

Pregnancy, breastfeeding, chronic liver disease, excessive alcohol use, evidence of immunodeficiency syndrome or pre-existing blood dyscrasias.

PRECAUTIONS

- Don't use NSAIDs (ibuprofen, naproxen, etc.) while taking methotrexate
- No live virus vaccines
- Women, avoid pregnancy for a minimum of 6 months after completing therapy
- Men, avoid conception for a minimum of 3 months after completing therapy

SIDE EFFECTS

- GI (nausea, vomiting, diarrhea, abdominal pain), liver toxicity, lung toxicity, renal toxicity, rash, malignancy, pancytopenia, alopecia, headache, fatigue, and/or sunburn.