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# USING YOUR METOJECT<sup>®</sup> PEN

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## ABOUT METOJECT® PEN

You have been prescribed Metoject® PEN. Metoject® PEN is an autoinjector, pre-filled with methotrexate. Metoject® PEN is used to treat the following inflammatory conditions:

- ▶ Active rheumatoid arthritis in adults
- ▶ Moderate to severe psoriasis and severe psoriatic arthritis in adults
- ▶ Mild to moderate Crohn's disease in adults
- ▶ Polyarthritic forms of severe, active juvenile idiopathic arthritis (JIA)

Metoject® PEN is available in 10 doses which are colour coded for clear dosage identification.



## BEFORE USING METOJECT® PEN

### PRECAUTIONS

Do not use Metoject® PEN if you:

- ▶ Are allergic to methotrexate
- ▶ Suffer from severe liver, kidney or blood diseases
- ▶ Drink large amounts of alcohol
- ▶ Suffer from any severe infection e.g. tuberculosis or HIV
- ▶ Are pregnant or breastfeeding
- ▶ Have a mouth, stomach or intestinal ulcer

### SPEAK TO YOUR HEALTHCARE PROFESSIONAL IF YOU:

- ▶ Need any vaccinations
- ▶ Suffer from dehydration (water loss)
- ▶ Have shingles or chicken pox

## METOJECT® PEN REMINDERS

### PREGNANCY AND CONTRACEPTION

Women – Do not use Metoject® PEN during pregnancy, breastfeeding or if you are trying to become pregnant. Methotrexate can cause birth defects, harm the unborn child or cause miscarriage. You must use effective contraception during treatment and for six months after stopping treatment. If you do become pregnant or suspect you might be, please speak to your healthcare professional as soon as possible.

Men – You should avoid fathering a child or donating semen whilst being treated with Metoject® PEN. Methotrexate can cause birth defects, harm the unborn child or cause miscarriage. You must use effective contraception during treatment and for three months after stopping treatment.

### MONITORING

Even when administered in low doses there is a possibility that you could experience some side effects, therefore you will need to have regular check ups and blood tests. You will be familiar with these tests if you have already taken oral methotrexate.

Before starting treatment with Metoject® PEN, blood samples will be taken from you. These will be used to check your liver and kidney functions, for example.

### STORAGE

Metoject® PENs should be stored at room temperature in the original outer carton. However, if the room temperature rises above 25°C, then store in a cooler, dry place or in a fridge (minimum temperature 2°C). Keep PENs out of sight and reach of children.

### TRAVEL ADVICE

When flying, Metoject® PENs must always be carried in your hand luggage. If required by the airline, ask your doctor for a letter, or ask them to complete a Metoject® PEN travel certificate, confirming you are on this prescribed medication.

- ▶ If you need any vaccinations before travelling, please check with your healthcare professional FIRST
- ▶ If you develop diarrhoea and or/vomiting whilst on holiday, stop taking Metoject® PEN and seek medical advice
- ▶ For further travel advice, speak to your healthcare professional

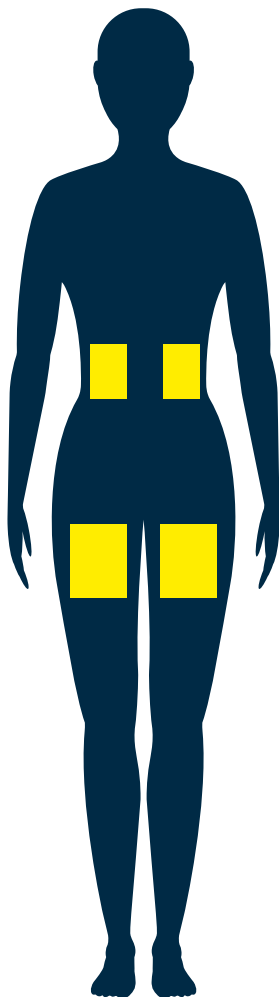
#### ▶ Only inject with Metoject® PEN ONCE a week

- ▶ Inject on the same day each week
- ▶ Do not take oral methotrexate whilst you are being treated with Metoject® PEN
- ▶ If you forget to inject with Metoject® PEN on the correct day, contact your healthcare professional for advice
- ▶ Do not drink large amounts of alcohol as methotrexate can cause liver damage, you can reduce this risk by avoiding alcohol
- ▶ Do not get pregnant whilst being treated with Metoject® PEN
- ▶ Do not breastfeed during treatment with Metoject® PEN
- ▶ If you are sexually active, you must use effective contraception during treatment. After stopping treatment, women should continue using contraception for a further six months and men for a further three months.
- ▶ If you experience tiredness or dizziness during treatment, do not drive or use machinery
- ▶ Contact your healthcare professional URGENTLY if you develop a dry cough or become breathless whilst being treated with Metoject® PEN
- ▶ Methotrexate can interact with other drugs so please check with your healthcare professional before you take any other medication
- ▶ Regular monitoring is important
- ▶ Check with your healthcare professional if you need any vaccinations



## INJECTION SITES

- Injection sites are upper thighs or abdomen (except around the belly button).
- Choose a different injection site each week to minimise possible irritation.
- Never inject into areas where the skin is red or hard or where you have scars or stretch marks.
- If you have psoriasis, try not to inject directly into raised, thick, red or scaly skin patches or lesions.



## HOW TO USE YOUR METOJECT® PEN

To watch a video which explains the different steps of the injection process, please scan this QR code.

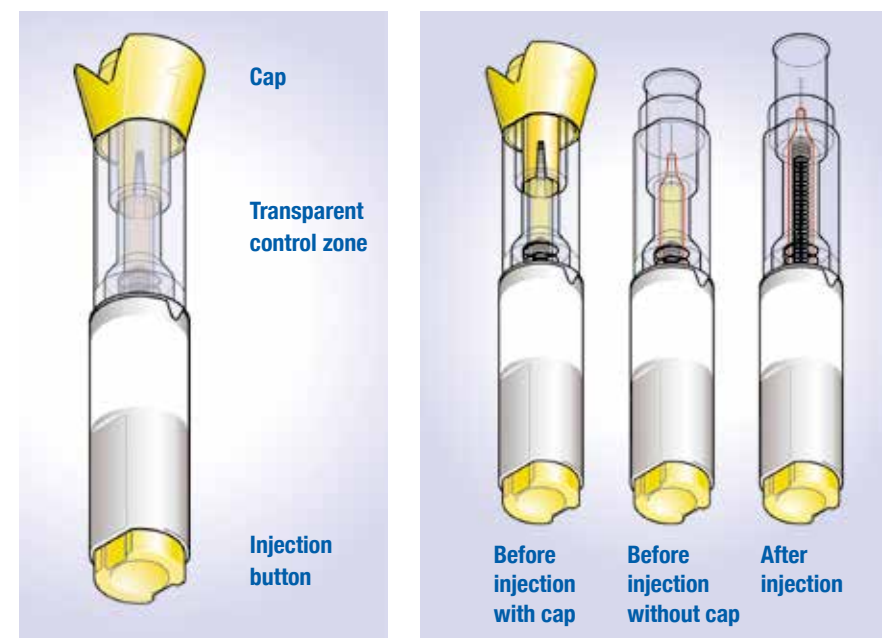


**At the start of your treatment, Metoject® PEN may be injected by medical staff. However, your doctor may decide that you can learn how to inject Metoject® PEN yourself. You will receive appropriate training on how to do this.**

**Metoject® PEN is a single use device and is injected **ONCE** a week.**

**Please read the following instructions carefully.**

### PEN DETAILS





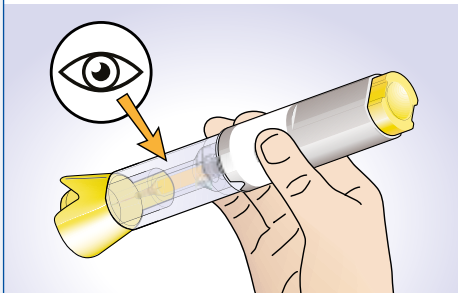
# INJECTING YOUR THIGH

## 1 METOJECT® PEN



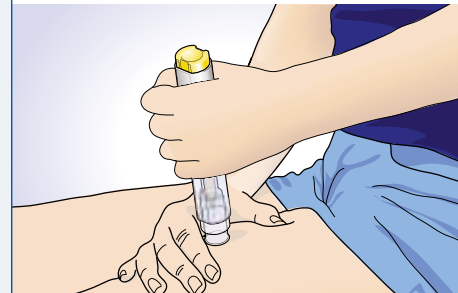
- ▶ Check that your Metoject® PEN has not passed the expiry date, is the correct dosage and has your name on it.

## 2 CHECK



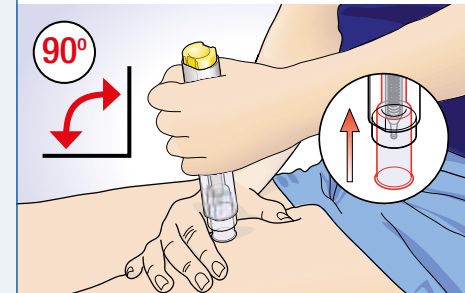
- ▶ Wash your hands carefully, remove Metoject® PEN from its packaging and check for damage before using it.
- ▶ A small air bubble may be visible through the transparent control zone, this will not affect your dose or be harmful.
- ▶ Do not remove the cap before you are ready to inject.

## 5 MAKE A SKIN FOLD



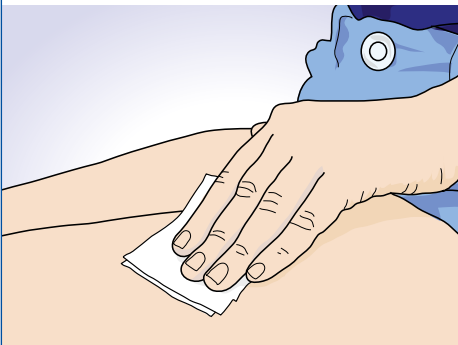
- ▶ Make a skin fold by gently squeezing your skin at the injection site.
- ▶ This must be held until Metoject® PEN is removed after injection.

## 6 POSITION



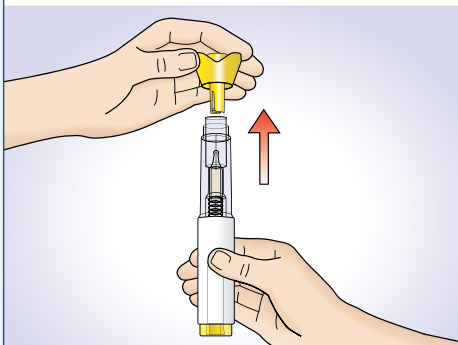
- ▶ Position the uncapped end of Metoject® PEN onto the fold of skin.
- ▶ **Without pressing the button**, push Metoject® PEN firmly onto the skin at a 90° angle to unlock the button.

## 3 CLEAN



- ▶ Clean the area of and around the chosen injection site.

## 4 REMOVE PROTECTIVE CAP



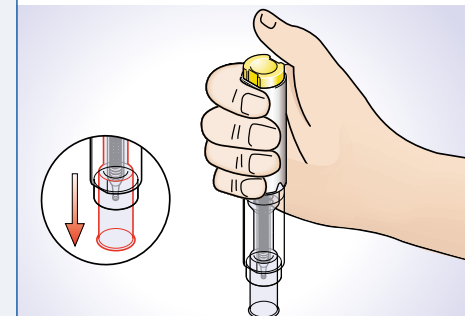
- ▶ Holding Metoject® PEN upright, gently pull the cap straight off. **Do not bend or twist.**
- ▶ Once you have removed the cap, perform the injection without delay.

## 7 INJECT



- ▶ Now press the button. A click indicates the start of the injection. Keep holding the PEN against the raised skin until all of the medicine is injected. This can take up to **5 seconds**.
- ▶ Do not remove Metoject® PEN from your skin before the end of the injection.

## 8 REMOVE



- ▶ Remove Metoject® PEN from your skin at the same 90° angle. The protective shield will automatically lock over the needle.
- ▶ Dispose of your used Metoject® PEN in a sharps bin as instructed by a healthcare professional.

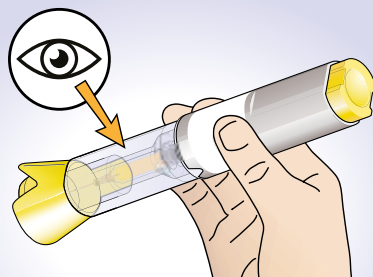
# INJECTING YOUR ABDOMEN

## 1 METOJECT® PEN



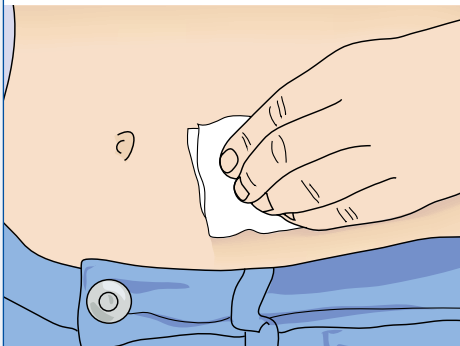
- ▶ Check that your Metoject® PEN has not passed the expiry date, is the correct dosage and has your name on it.

## 2 CHECK



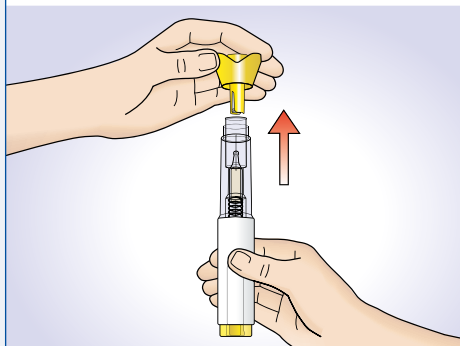
- ▶ Wash your hands carefully, remove Metoject® PEN from its packaging and check for damage before using it.
- ▶ A small air bubble may be visible through the transparent control zone, this will not affect your dose or be harmful.
- ▶ Do not remove the cap before you are ready to inject.

## 3 CLEAN



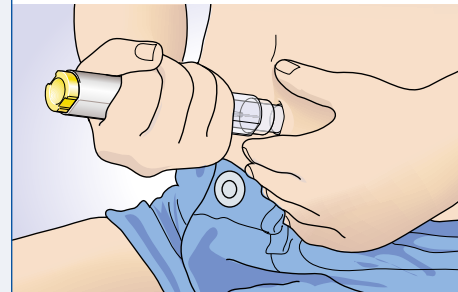
- ▶ Clean the area of and around the chosen injection site.

## 4 REMOVE PROTECTIVE CAP



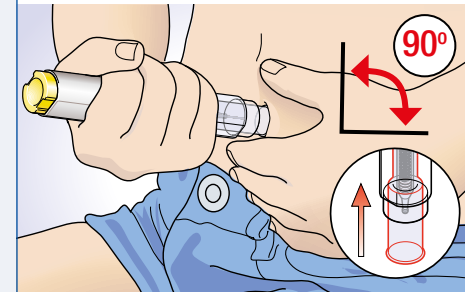
- ▶ Holding Metoject® PEN upright, gently pull the cap straight off. **Do not bend or twist.**
- ▶ Once you have removed the cap, perform the injection without delay.

## 5 MAKE A SKIN FOLD



- ▶ Avoiding a 5cm diameter around the belly button, make a skin fold by gently squeezing your skin at the injection site.
- ▶ This must be held until Metoject® PEN is removed after injection.

## 6 POSITION



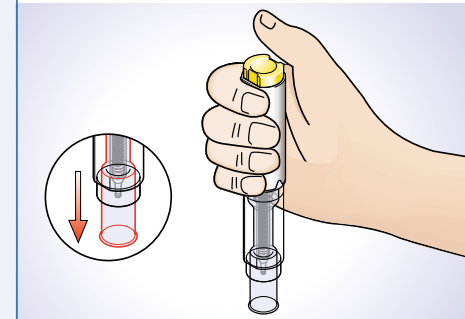
- ▶ Position the uncapped end of Metoject® PEN onto the fold of skin.
- ▶ **Without pressing the button**, push Metoject® PEN firmly onto the skin at a 90° angle to unlock the button.

## 7 INJECT



- ▶ Now press the button. A click indicates the start of the injection. Keep holding the PEN against the raised skin until all of the medicine is injected. This can take up to **5 seconds**.
- ▶ Do not remove Metoject® PEN from your skin before the end of the injection.

## 8 REMOVE



- ▶ Remove Metoject® PEN from your skin at the same 90° angle. The protective shield will automatically lock over the needle.
- ▶ Dispose of your used Metoject® PEN in a sharps bin as instructed by a healthcare professional.

# FREQUENTLY ASKED QUESTIONS

## How long will it take for Metoject® PEN to work?

It can take between 2 and 12 weeks before there is any effect of your treatment, depending on your condition. You will be monitored regularly so do not alter your treatment or stop taking it without speaking to your healthcare professional first.

## How many doses are in Metoject® PEN?

The PEN is a single use device and will deliver only one dose. Dispose of the used PEN after injection.

## What should I do if there is a drop of liquid on the tip of the needle?

Occasionally a small drop of liquid may be visible on the tip of the needle once you have removed the protection cap. This is completely normal and nothing to worry about.

## What should I do if there is an air bubble in Metoject® PEN?

If an air bubble is visible through the transparent control zone, do not try and remove it, as it will not affect the dose or cause harm.

## Why won't the injection start with Metoject® PEN?

Metoject® PEN contains a safety device which requires sufficient pressure to be applied to the skin to unlock the yellow release button. The injection site surface must be firm throughout the process. Once activated, maintain pressure during the injection without moving the PEN for at least 5 seconds.

## For more information on Metoject® PEN, please visit [www.metoject.co.uk](http://www.metoject.co.uk)

This is a guide on how to use Metoject® PEN. Please read the Patient Information Leaflet contained within the carton for further details.

If you get any side effects, talk to your healthcare professional. This includes any possible side effects not listed in the package leaflet.

You can also report side effects directly via the Yellow Card Scheme at <https://yellowcard.mhra.gov.uk>.

By reporting side effects you can help provide more information on the safety of this medicine.

