

FOR UK PATIENTS PRESCRIBED METOJECT® ONLY

meto
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METHOTREXATE

Using your Metoject® PEN



: medac pharma

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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 identification.

7.5 mg (0.15 ml)	10 mg (0.2 ml)	12.5 mg (0.25 ml)	15 mg (0.3 ml)	17.5 mg (0.35 ml)
20 mg (0.4 ml)	22.5 mg (0.45 ml)	25 mg (0.5 ml)	27.5 mg (0.55 ml)	30 mg (0.6 ml)

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
- ▶ Receive vaccinations with live vaccines at the same time

SPEAK TO YOUR HEALTHCARE PROFESSIONAL IF YOU:

- ▶ Have had shingles or chicken pox as these may flare up
- ▶ Have diabetes mellitus and are being treated with insulin
- ▶ Are elderly or if you feel generally unwell and weak
- ▶ Have problems with the way your liver works
- ▶ Suffer from dehydration (water loss)

PREGNANCY, BREASTFEEDING 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.

SUN EXPOSURE

Methotrexate treatment may make your skin more sensitive to the sun and cause severe reactions that look and feel like sunburn. Protect your skin by using a high factor sunscreen, reapply regularly and avoid exposure to intense sunlight (especially during the hours of 11am and 3pm) or UV rays (e.g. sunbeds).

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 (which can be downloaded from www.metoject.co.uk), confirming you are prescribed this medication.

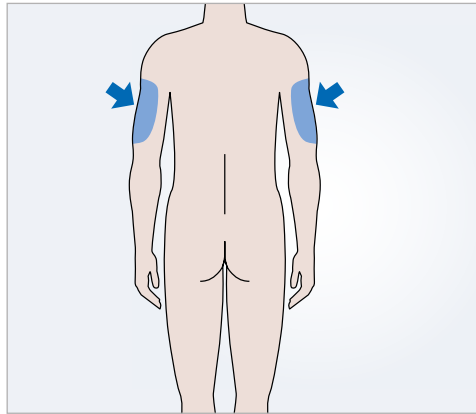
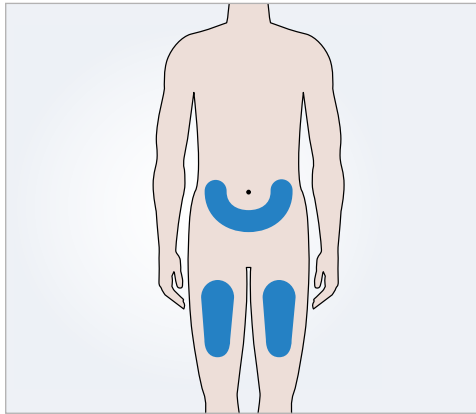
- ▶ If you need any vaccinations before travelling, please check with your healthcare professional FIRST

- ▶ 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

METOJECT® PEN REMINDERS

- ▶ **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 in the upper thighs or abdomen (except within 5cm around the belly button)
- ▶ Always use a different site than your last injection
- ▶ Do not inject into the skin that is bruised, tender, scaly, red or hard. Do not inject into moles, scars or stretch marks
- ▶ If you have psoriasis, try not to inject directly into raised, thick, red or scaly skin patches or lesions
- ▶ If a caregiver administers the injection for you, they may also use the area at the back of the upper arm

HOW TO USE YOUR METOJECT® PEN

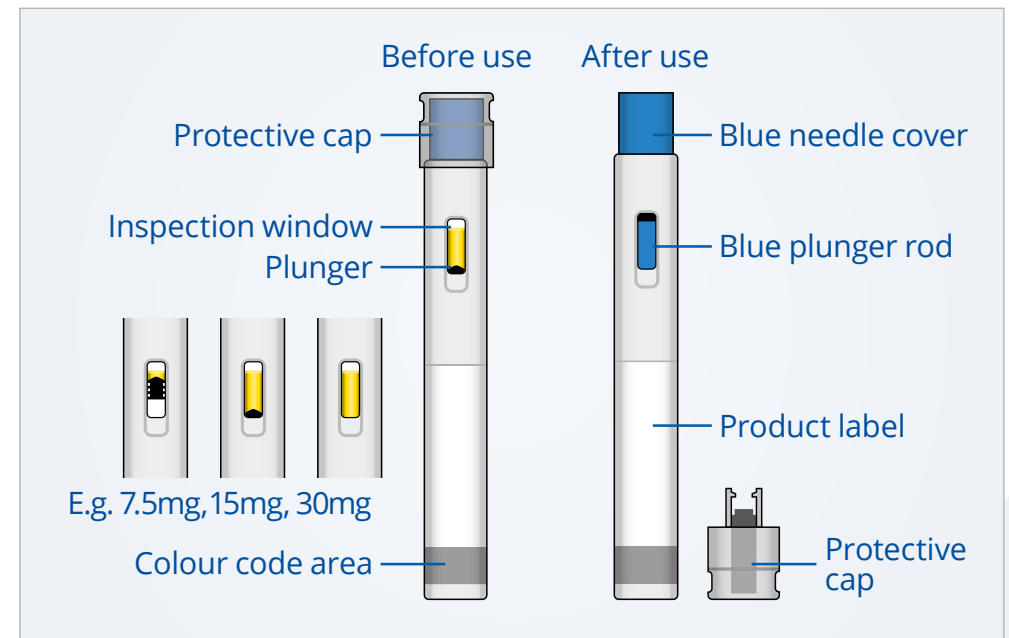
To watch a video which explains the different steps of the injection process, please scan this QR code.



At the start of your treatment, Metoject® PEN may be injected by medical staff. However, your Healthcare Professional 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



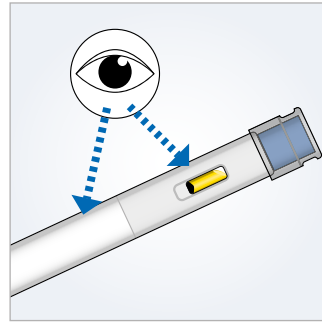
INSTRUCTIONS

WASH YOUR HANDS



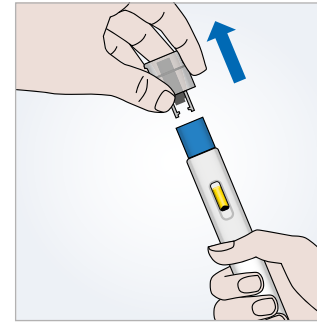
- ▶ Wash your hands with soap and water then carefully take the pen out of the carton
- ▶ Do not remove the protective cap until you are ready to inject

CHECK



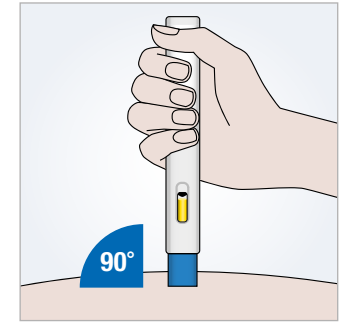
- ▶ Check the name, dose and expiry date on the pen
- ▶ Check the medicine through the inspection window, it should be clear and yellow. It is normal to see one or more air bubbles
- ▶ If you are not able to see well enough, ask for assistance

REMOVE THE CAP



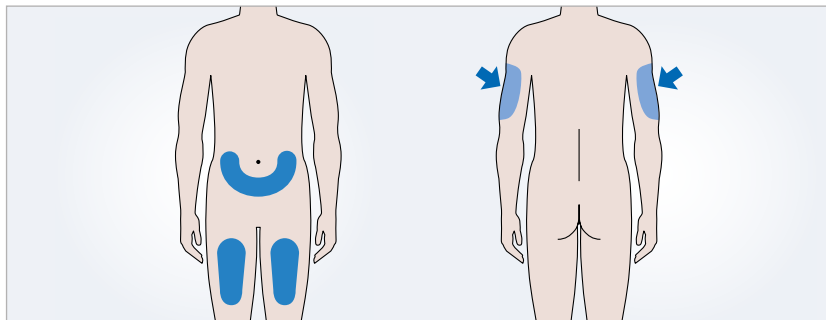
- ▶ Only remove the protective cap when you are ready to inject
- ▶ **Do not** bend or twist the cap while pulling off
- ▶ Do not try to put the cap back on once it's removed

POSITION YOUR PEN



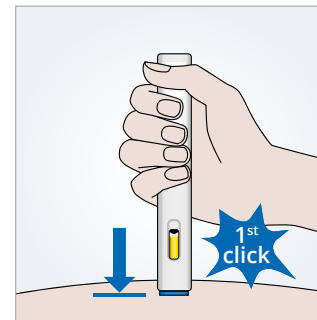
- ▶ Hold the pen firmly and position the blue needle cover at a 90-degree angle against the skin, with the inspection window facing towards you so you can see it

INJECTION SITE



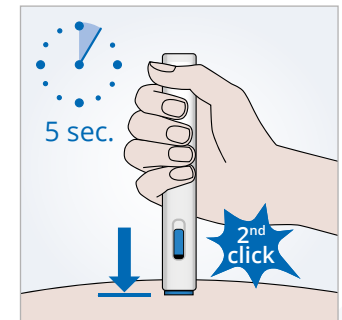
- ▶ You can inject yourself into your upper thighs or the lower part of the abdomen (except within 5cm around the belly button)
- ▶ If a caregiver administers the injection for you, they may also use the area at the back of the upper arm

START YOUR INJECTION



- ▶ To start your injection, push the pen down all the way
- ▶ This will slide the blue needle cover up into the pen and the injection will start automatically

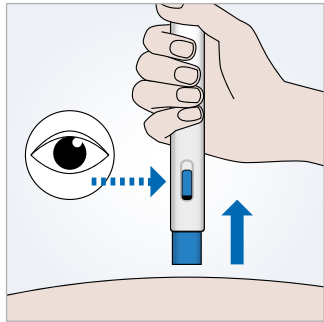
HOLD THE PEN



- ▶ A first acoustic signal, or click, indicates the start of the injection
- ▶ The blue plunger will move down in the inspection window
- ▶ Keep holding the pen until all the medicine is injected

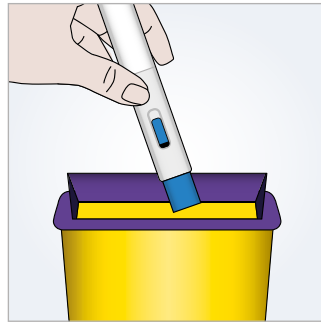
FREQUENTLY ASKED QUESTIONS

FINISH YOUR INJECTION



- ▶ Your injection is complete when either:
 - you hear a 2nd acoustic signal, or click shortly after the first,
 - OR the blue plunger has stopped moving and fills the inspection window
 - OR five seconds have passed
- ▶ Remove the pen by pulling it straight up from the injection site

DISPOSE



- ▶ The blue needle cover automatically moves into place over the needle, and is then automatically locked
- ▶ Do not recap the pen
- ▶ Dispose of your used cap and pen into the sharps bin as instructed by a healthcare professional
- ▶ The paper carton can be recycled

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 in your sharps bin.

What should I do if there is a small droplet of liquid after removing the cap?

You may notice small droplets of the medicine after removing the cap. This is normal and will not affect your dose.

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

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

For more information on Metoject® PEN, please visit www.metoject.co.uk

We are unable to provide individual medical advice. Therefore, if you are concerned about any aspect of your treatment, please discuss this with your doctor, nurse, or pharmacist. For further information about metoject® PEN, please visit www.metoject.co.uk, which contains a training video and support material. Alternatively, please call us on 01786 458086

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 doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google Play or Apple App Store.

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

