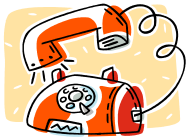


Do not give injection:

You should know:

- If syringe is labelled incorrectly
- If expiry date has passed
- If it is the wrong dose
- If the fluid is discoloured or has visible particles within
- If the rheumatology department has asked you not to because of abnormal blood results
- If you have an infection or are unwell with fever

- Why this drug has been prescribed
- How to store the methotrexate injection
- Common side effects
- Important of reporting side effects
- Safe disposal of needles and syringes
- Need for regular blood checks



**Rheumatology Department
Helpline 01793 604323**

**Bupa Home HealthCare
Contact Number:
0845 602 3298**

Patient signature:.....

Trainer signature:.....

Date:

Author / location: Rheumatology Dept
Date produced: March 2014
Review date: March 2015
Leaflet number: PALS PiL - 0556

Patient Information

Subcutaneous Methotrexate

Home administration of subcutaneous Methotrexate

If you would like this information in another format, i.e. large print or another language, please contact the Patient Advice and Liaison Service (PALS) department on 01793 604031.

Quick guide:

Giving the injection

Disposal of waste



- Wash your hands thoroughly and dry
- Arrange equipment on a clean surface

You will need the following:

- Methotrexate syringe
- Short brown needle
- Sharps bin
- Scissors
- Cotton wool ball
- Small plaster (optional)
- Disposable gloves (carers)

Check list for injection syringe:

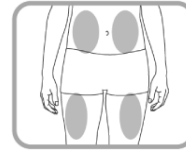
- Correct name
- Correct dose
- Expiry date
- Solution colour is clear yellow with no visible particles in

Preparation

- Cut top off the sealed bag
- Take out the syringe, hold like a pen
- Open needle packet
- Remove syringe cap
- Do not touch syringe or needle ends
- Attach needle to syringe



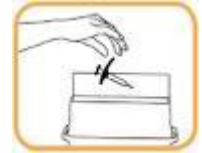
- Decide where to inject:



- Buttock
 - Tummy
 - Thigh
- Skin should be socially clean
 - Gently pinch the skin.
 - Hold syringe like a pen
 - Insert needle slowly and firmly into skin
 - Inject at a 90° angle



- Release pinch
- Withdraw needle
- Press injection site with a cotton ball and wipe away any leaks



- Discard needle and syringe into sharps bin
- Never throw waste away with household rubbish
- Now wash your hands again
- Keep bin out of reach of children
- Lock bin when two thirds full

Record:

- Date of injection
- Site used
- Dose given

Spillages

If you accidentally spill the injection solution onto:

- **Skin** - wash affected area with plenty of soap and water. Do not scrub skin.
- **Eyes** - rinse eye with plenty of cold water for 2 minutes. Contact your doctor if your eye becomes sore.
- **Work surfaces or floors**- use the spillage kit provided by Bupa.