

Methotrexate injection instructions pen

In consultation with your doctor, you have decided to start with Methotrexate (MTX) by injection. This leaflet explains how to inject yourself with methotrexate under the skin (subcutaneous administration). You will also receive injection instructions at our clinic.

Preparation

- Wash your hands.
- Have the following ready:
 - Underlay (for example a towel).
 - Tissue or cotton ball.
 - Band-aid or plaster.
- Check the expiration date of the injection.
- Check the liquid. It should be clear and not have any lumps.
- Determine the place to give the injection. It should be given in the middle of the upper leg.
- Disinfect the skin with the alcohol wipe provided and let it dry for 30 seconds.

Inserting the syringe

- Remove the sleeve from the pen.
- Stretch the skin tight and place the pen straight down against the skin (at 90°). Stretching the skin tight makes it easier for the needle to penetrate the skin.
- Push the pen firmly against the skin. The pen clicks twice. The first click starts the pen. After the second click, the pen is finished.
- When the pen is empty (after the 2nd click), the pen can be removed from the skin.
- Press a cotton ball or tissue against the place where the injection was given and put a plaster on it.
- The empty syringe can be disposed of in regular household waste.
- Wash your hands.

Additional information

- Always try to inject on the same day of the week. If this is not possible, make sure that there are at least 6 days between injections.
- Store the syringes outside the refrigerator, but below 25 degrees.
- If liquid spills on the skin: wipe up the injection fluid with a tissue. Then wash the skin with plenty of lukewarm water.

De informatie in deze folder is van algemene aard en is bedoeld om u een beeld te geven van de zorg en voorlichting die u kunt verwachten. In uw situatie kunnen andere adviezen of procedures van toepassing zijn. Deze folder is dan ook slechts een aanvulling op de specifieke (mondelinge) voorlichting van uw specialist of behandelaar.

- If the liquid comes into contact with the eye: rinse the eye immediately with plenty of water (at least 15 minutes).
- If the liquid comes into contact with clothing: remove clothing and rinse in plenty of water. Then wash in the usual way.
- If you have any questions, you can always contact the office of the Regionaal Reumacentrum via the telephone number 040 – 888 56 76.