

Appendix 10: Using Methotrexate

Methotrexate Guideline

Name:

NHI: (sticker here)

DOB:

Checklist before commencing Methotrexate:

1. Review vaccination history: catch up if necessary
2. Review past immunosuppressive therapy
3. Review current immunosuppressive therapy
4. Review side-effects profile

Baseline tests:

1. Weight: _____ Height: _____
2. Calculate body surface area (BSA): _____
(BSA (m²) = sqrt (Wt(kg) x Ht (cm)) / 3600) or via online calculator
3. Full blood count
4. Liver chemistry tests (Consider liver ultrasound +/- further investigation if abnormal chemistry)
5. Serum creatinine
6. Chest X-ray if necessary

Dosage schedule:

1. Dosing based upon BSA
2. Incremental dosing as per below table:

Week	Dosing
1	10 mg/m ² = 10 x BSA =
2	10 mg/m ² =
3	15 mg/m ² =
Onwards	(maximum weekly dose is 25 mg)

Folic acid supplementation:

Folic acid supplements are required to avoid folic acid deficiency. Supplementation may also reduce nausea related to methotrexate. Folic acid should not be given on the day of injection.

Standard dose: 5 mgs given two days following each injection.

Monitoring:

1. Full blood count , liver function test and serum creatinine:
 - Weeks 1, 2, 4, 8 and 12 after starting Methotrexate.
Review results prior to giving the injection.
 - Every 3 months thereafter.

2. Review BSA on annual basis and adjust dose as required.

Methotrexate Checklist

Patient Sticker here

Initiation of Methotrexate

Weight: _____

BSA: _____

Initial Dosage: _____

Subsequent dosage: _____

Monitoring:

	Date	Results viewed	Action required
Week 1:			
Week 2:			
Week 4:			
Week 8:			
Week 12:			

Notes: