

Go back to the hospital for regular blood test/s as instructed by your doctor.

Maintain adequate hydration (2-3 liters of fluid a day, unless otherwise advised by your doctor) and nutrition (small, frequent meals are preferred).

Report to your doctor if you experience painful urination.

Avoid crowds and do not go near people with infections during the neutropenic (low white cell count) period.

Avoid alcohol to prevent side effects.

Avoid intake of extra dietary folic acid.

Avoid half-cooked or uncooked food. If you need to take salad or fruits, wash them thoroughly yourself. There are no other specific food restrictions. However, do not take any alternative or herbal medicines without informing your doctor.

Observe oral hygiene. Gargle mouth with water after each meal and use a soft-bristled toothbrush. Avoid hot scalding soups and beverages.

Avoid prolonged exposure to the sun as this medicine may cause the skin to be more sensitive to sunlight.

Avoid breast-feeding.

Contraceptive measures are recommended during therapy.

How should I STORE the medicine (oral tablets)?

Keep the tablets in an air-tight, amber container. Store away from heat and direct sunlight.



Patient Information Leaflet



Methotrexate

ABOUT your medicine

Methotrexate is an anti-tumour drug which prevents DNA synthesis in cancer cells. It is commonly used to treat childhood acute lymphoblastic leukemia. It is also used to treat choriocarcinoma, non-Hodgkin's lymphoma and a number of solid tumours.

HOW is the medicine given?

It is given orally.

It can be given by injecting or infusing into a vein.

It can also be given by injecting into muscles or injecting into the fluid surrounding the brain and spinal cord.

What should I do if I FORGET a dose (oral tablet)?

If you miss a dose, take it as soon as you remember. However, if it is almost time for the next dose, skip the missed dose and continue with your regular dosing schedule. Do not double the dose to make up for the missed dose.

What are the possible SIDE-EFFECTS of the medicine?

- Nausea and vomiting
- Diarrhoea
- Mouth ulcers
- Reddening of skin
- Hair loss
- Loss of appetite
- Dizziness
- Malaise
- Sterility
- Temporary decrease in white blood cells and platelets

What PRECAUTIONS should I take?

Go back to the hospital if you have:

- A temperature that exceeds 38 degrees Celsius or other symptoms of infection such as cough or painful urination
- Mouth ulcers that do not heal within 3 days
- Excessive diarrhoea and/or vomiting despite taking medicine