

HOW TO USE YOUR NORDIMET® PEN



Scan this QR code to watch the self-injection demonstration video on the Nordimet® website, or visit: www.nordimet.co.uk/patient/using-nordimet

Please read the patient information leaflet in your box of medicine carefully. It contains more information about your treatment and how to use it. You can also ask your healthcare professional for advice or about any further questions you might have. If you get any side effects, talk to your doctor or nurse. This includes any possible side effects not included in the package leaflet. You can also report side effects directly at www.mhra.gov.uk/yellowcard. By reporting side effects, you can help provide more information on the safety of this medicine.

HOW TO USE YOUR NORDIMET® PEN:

**Nordimet® is taken
once a week only**

1. PREPARE

- Wash hands, sit comfortably, remove pen from box



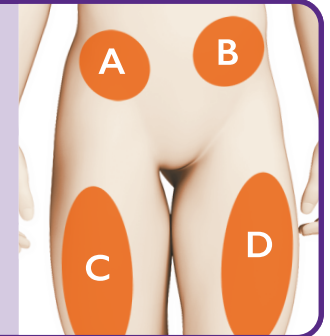
2. CHECK

- Check the tamper seal is intact and the medicine inside is a yellow fluid. Small air bubbles are normal



3. CHOOSE

- Select the injection site and wipe it with an alcohol swab



4. UNCAP

- Uncap the pen
- Do not allow the pen to touch anything else



5. PINCH

- Pinch skin at injection site and hold throughout the injection
- Place yellow needle shield against injection site



6. INJECT

- Press down and wait for first “click”...
- Wait for second “click”...
- Wait 2-3 seconds more then remove the pen



7. CHECK

- Check the viewing window, if you can see green plastic the fluid has been injected



8. DISPOSE

- Each pen is for single use only
- Dispose of used pens in your sharps bin. If you get methotrexate on your skin, rinse thoroughly with water



9. FURTHER SUPPORT

- Scan this QR code to watch the self-injection demonstration video or visit: www.nordimet.co.uk/patient/using-nordimet/



This is a summary of the guidance. Please read the patient information leaflet contained in the medicine box carefully for further details.