



▶ MANAGING YOUR METHOTREXATE

NORDIMET® TRAVEL PACK



NORDiMET®

methotrexate

Date of preparation: January 2020
NOR/20/004a

Nordimet® is colour-coded according to the dose that has been prescribed, therefore your treatment may look different to the picture.

This is your portable **Nordimet[®] travel guide**, so you can take important treatment information away with you on holiday without requiring your full patient pack.

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BEFORE YOU TRAVEL

Make sure you remember to pack enough Nordimet® and any other medicines you take for your condition for the entire length of your trip.

Remember to speak with your healthcare professional for advice and also request any important documents to take with you.

For example:

-  Your prescription
-  Letter of diagnosis
-  Signed Nordimet® travel letter
(available on the Nordimet® website for your healthcare professional)

You might also need to:

-  Purchase travel insurance – you will need to inform them that you have a pre-existing condition
-  Contact your airline prior to travel, to check if there are any specific requirements for flying with Nordimet[®]
-  Share contact details of where you will be staying with your family or friends back at home
-  Research the location of local hospitals and pharmacists at your destination
-  Look-up local emergency services contact numbers

Vaccinations

If you are planning to travel somewhere that requires vaccinations, make sure to check this with your healthcare professional as soon as possible. “Live” vaccines should not be given when using Nordimet[®] and this may impact your travel plans. As well as this, some vaccines are required up to 6 weeks before you travel so make sure that you leave enough time to discuss this with your healthcare professional.

My healthcare team:

In case you need to contact them whilst you are away, add in the details of your healthcare team below.

Consultant name: Telephone number:	
Nurse specialist name: Telephone number:	
Pharmacist name: Telephone number:	

Other (e.g. Physiotherapist, Occupational therapist):	
Homecare contact name: Telephone number:	
Notes:	

WHILST YOU ARE AWAY

Use the mini-planner on the next page to help you remember to take your Nordimet[®] treatment whilst you are away and rotate your injection site. Nordimet[®] is administered once a week only and should be taken on the same day each week. You might need to take into account a change in time zone to make sure you are still taking your treatment on the correct day.

Use Nordimet only once a week. Using too much Nordimet may be fatal. Please read the leaflet in the pack very carefully. If you have any questions, talk to your doctor or pharmacist.

Reporting side effects

If you experience any side effects, speak to your healthcare professional. This includes any possible side effects not included in the patient information leaflet. Side effects can also be reported directly at www.mhra.gov.uk/yellowcard.

Reporting side effects helps to provide more information on the safety of this medicine. You can watch the self-injection demonstration video on the Nordimet[®] website:



www.nordimet.co.uk/patient/using-nordimet
or **scan this QR code**

IMPORTANT – seek medical advice straight away if you get any sudden wheeziness, difficulty in breathing, swelling of the eyelids, face or lips, rash or itching (especially affecting your whole body).

Chosen injection day reminder: (circle)

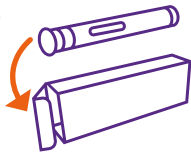
Mon / Tues / Weds / Thurs / Fri / Sat / Sun

Date of injection	Injection site used (A, B, C, D)	How have I felt this week? Have I experienced any side effects? (e.g. tired, happy, nauseous, dizzy, sad)
		

TRAVEL ADVICE

Storage of Nordimet®

Make sure you keep your Nordimet® pens out of reach of children. They should be stored within their box to protect the medicine from light and kept at room temperature, below 25°C. If you are travelling to a hot country, make sure that you will be able to store your medicine at the right temperature; it might be useful to carry a cool pack for example. The expiry date of each pen should be checked before use and discarded if out of date. If the solution inside is not clear and contains particles, also discard and use another pen.



Sun exposure

If travelling to a hot country, or somewhere where you will be exposed to the sun, for example skiing, make sure that you are protected with a high factor sunscreen and regularly top it up. Some medicines can make your skin more sensitive to burning so it is important to make sure you are protected.



If you forget an injection

Do not take a double dose to make up for a forgotten dose but continue to give your injection on your next allocated day and speak to your healthcare professional for advice.



Use Nordimet only once a week. Using too much Nordimet may be fatal. Please read the leaflet in the pack very carefully. If you have any questions, talk to your doctor or pharmacist.

Drinking and staying hydrated whilst travelling

During treatment with Nordimet[®], you should avoid alcohol and excessive consumption of caffeinated beverages. It is important to try to remain hydrated whilst taking this treatment because dehydration can lead to some side effects by increasing the toxicity of Nordimet[®].



**This resource has been produced by Nordic Pharma to support patients prescribed Nordimet[®]. For more information please visit:
www.nordimet.co.uk/patient/**

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Provided by **NORDIC**
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