MANAGING YOUR CHILD'S METHOTREXATE:

FOR PARENTS AND CARERS OF YOUNG CHILDREN WITH JUVENILE IDIOPATHIC ARTHRITIS (JIA)

FURTHER SUPPORT AND FAQs

This booklet has been produced by Nordic Pharma
to support patients prescribed Nordimet®

Date of preparation: April 2022
NOR/22/020c

NORDiMET®
methotrexate

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

WHERE TO GO FOR ADVICE, SUPPORT & FURTHER READING

For both you and your child, coming to terms with a diagnosis of JIA can be difficult. You may find that your child is not able to participate in all childhood activities and it may be hard to explain this to their peers. However, there are small changes you can make to ensure your child can continue to lead an active lifestyle.

There are many sources available to provide information and advice. These include:

- Your child's healthcare team including; their nurse specialist, consultant rheumatologist (or dermatologist), GP, local pharmacist and, if they have been referred to one, their physiotherapist or occupational therapist
- Family and friends
- Patient organisations/charities – a list of some key patient organisations can be found on the last page of this booklet

FREQUENTLY ASKED QUESTIONS

I forgot to give my child their injection on their allocated day of the week. Should I give it as soon as I remember?

Do not give your child a double dose to make up for a forgotten dose. Continue to give them their injection on the next allocated day and speak to your child's doctor or nurse for advice.

Can my child continue taking fish oil or other supplements whilst taking Nordimet®?

Tell your child's doctor if your child is taking any other medicines including any herbal or natural remedies as some medicines should not be taken together due to a risk of interactions, side effects or adverse reactions. Refer to the patient information leaflet for further information.

I would like to get the flu vaccination for my child this winter, is there any reason why I should be wary about vaccinations?

Check with their nurse or doctor before your child has any vaccinations as some known as "live" vaccines should not be given during treatment.

How do I get a repeat prescription?

The process for repeat prescriptions will vary between hospitals, however you can speak to your child's nurse or pharmacist about the system they have in place.

Some hospitals dispense Nordimet® pens at the hospital pharmacy, some have an agreement with your GP who will provide your child's prescription for collection at your community pharmacy. In some cases Nordimet® may be supplied to your home by a homecare delivery service.

I'm worried that the treatments will stop being effective and my child's condition will get worse. Is this likely to happen?

How well your child's treatment is working will be closely monitored and assessed by their doctor through regular blood and urine tests as well as speaking with you and your child during appointments. The dose of Nordimet® given may be adjusted by their consultant in order to find a dose which is most effective. There are also many treatments available that work in different ways, providing opportunity to find what works best for your child if a treatment isn't suitable. Any changes to your child's medication or additional treatments will be discussed with you and your child first.

I'm concerned about the side effects of my child taking a drug for long periods of time.

Not everyone experiences side effects, but if you believe your child is experiencing side effects speak to their healthcare team. It's important to weigh up any side effects against the benefits of treatment. It may be useful to familiarise yourself with the common side effects listed in the patient information leaflet so that you can recognise them for your child, as well as encouraging them to tell you when they feel unwell in case they are experiencing any side effects.

What dose should my child be on?

Your child's dose has been tailored to their individual need so always follow the advice provided by their doctor or nurse.

Patient organisations

Patient organisations are an excellent source of information and further resources. They can also offer professional support and help you to connect with other people who are living with or caring for people with JIA.

JIA-at-NRAS
www.jia.org.uk
Freephone helpline: 0800 298 7650
jia@nras.org.uk

National Rheumatoid Arthritis Society (NRAS)
www.nras.org.uk
Freephone helpline: 0800 298 7650
helpline@nras.org.uk

Reporting side effects

If your child experiences any side effects, speak to their doctor or nurse. This includes any possible side effects not included in the package leaflet. You can also report side effects directly at **www.yellowcard.mhra.gov.uk**. By reporting side effects, you can help provide more information on the safety of this medicine.

This booklet has been produced by Nordic Pharma to support patients prescribed Nordimet®

Date of preparation: April 2022
NOR/22/020c

Provided by NORDIC PHARMA