



▶ MANAGING YOUR METHOTREXATE

NORDIMET[®] PLANNER



This resource has been produced by Nordic Pharma to support patients prescribed Nordimet[®]

NORDIMET[®]

methotrexate

Date of preparation: March 2022
NOR/22/011c

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

WHY IS PLANNING HELPFUL?

It is important to plan ahead and schedule in when you need to take your treatment. It is helpful to choose a day of the week that is most convenient for you to give yourself the injection - circle yours below!

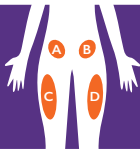
Monday / Tuesday / Wednesday / Thursday / Friday / Saturday / Sunday

Nordimet® should only be administered **once a week** on the **same day** each week.

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.

To help you keep a record of when you have taken your treatment, you can use a planner such as the one below. It can also be useful to keep a track of which injection site you used each week so that it can be rotated.

Remember to check your last injection site and if there is any change in skin colour such as redness or swelling, oozing or pain, consult your healthcare professional as you may have signs of an infection.

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)

Remember: 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.yellowcard.mhra.gov.uk. By reporting side effects, you can help to provide more information on the safety of this medicine.

NOTES AND QUESTIONS

It can often be useful to keep a record of notes about your condition, how you might be feeling, goals you would like to achieve in relation to living with your condition, for example, eating a balanced diet, getting enough sleep, speaking to someone about your condition.

As well as this, it can be useful to record any questions you might have or advice you would like from your healthcare professional. You can use the space below to write down any notes or questions you might have.

Decorative header with purple and orange wavy lines. Below the header, there are 25 horizontal ruling lines for writing.

**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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