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

MANAGING YOUR METHOTREXATE

A GUIDE TO USING NORDIMET®



It is important to read the product package leaflet provided with your medicine.
This information is not a substitute for the product package leaflet. The package leaflet contains additional important information on the use of the medicine.

NORDiMET®
methotrexate

October 2026
UK-PEN-2400030

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

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ABOUT NORDIMET®

What is Nordimet®?

Nordimet® is a pre-filled auto-injector pen that contains the active drug methotrexate. Methotrexate is used to treat a number of inflammatory conditions including:

- **Rheumatoid arthritis in adults**
- **Some forms of arthritis in younger people, e.g. Juvenile Idiopathic Arthritis (JIA)**
- **Severe psoriasis in adults**
- **Severe psoriatic arthritis in adults**
- **Induction of remission in moderate steroid-dependent Crohn's disease in adult patients, in combination with corticosteroids and for maintenance of remission**

Nordimet® is sometimes used in combination with other treatments, therefore, always follow the advice of a healthcare professional when administering your medications as prescribed.

Please take the time to read the Nordimet® Patient Information Leaflet that has been provided with your medication. Please read it before taking Nordimet® for the first time, as it includes important information.

How does methotrexate work?

Methotrexate works by reducing inflammation or swelling, and reducing the activity of the immune system (the body's defence mechanism against diseases).

An overactive immune system has been linked to inflammatory diseases.

How often should I take Nordimet®?

Nordimet® is administered **once a week** only and should be taken on the **same day each week**. It is important to choose the most convenient day for you so that you can take your treatment on that same day every week. You can use the planner enclosed in your support pack to record the day you choose for your injection.



How long will I be taking Nordimet®?

Nordimet® is a long-term treatment and your healthcare professional will advise you on how long you should continue taking it for.

This will depend on how you respond to the treatment, as well as the results of regular blood and urine tests that will be carried out throughout your treatment.

It is important to know that a response to treatment is not immediate. It can take several weeks before you notice an improvement in your symptoms.

How much Nordimet® should I be taking?

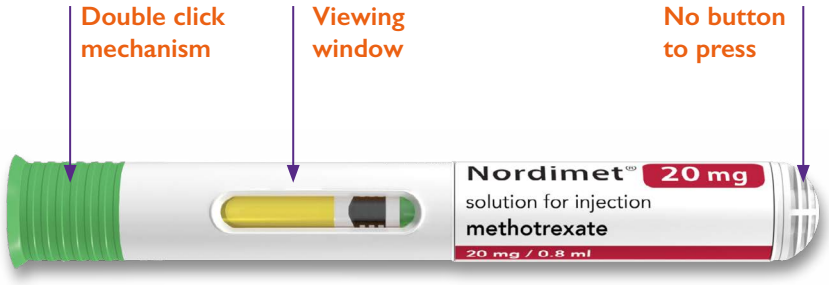
Nordimet® is available in different strengths, your healthcare professional will decide on the dose you require after assessing your condition. They will monitor you carefully through tests and appointments and may recommend that you change your dose to find the exact dose that works best for you.

It is important not to alter the dosing routine yourself or stop taking your Nordimet® without discussing it with your healthcare professional.

How does the pen work?

The pen has been designed with no button to press; instead, you apply downward pressure on the pen close to your skin until you hear a "click" and feel a gentle vibration. You will then hear a second "click" and vibration once the injection is completed.

As you remove the Nordimet® pen from your skin, the safety shield locks to avoid the risk of needle stick injuries. There is also a viewing window, where you can monitor the progress of the injection.



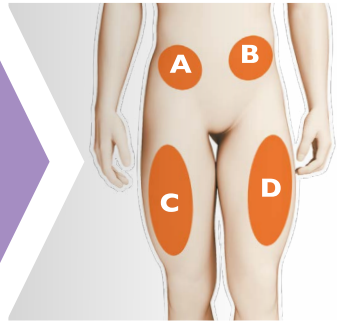
USING YOUR NORDIMET® AUTO-INJECTOR PEN

A healthcare professional will usually demonstrate how to use your Nordimet® pen for the first time. If you have any difficulties in handling the pen, please ask for further assistance. Do not try to inject yourself if you have not been trained on how to do so.



1. PREPARE

- Wash hands, sit comfortably, remove pen from box
- Check the expiry date on the medicine. Do not use if the date has passed. Check the pen is not damaged and the medicine in it is a clear, yellow solution. If not, use another pen



2. CHOOSE

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



3. UNCAP

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



4. PINCH

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



5. INJECT

- Press down and wait for first "click"…
- Wait for second "click"…
- Wait 2-3 seconds more then remove the pen. The safety shield on the pen is now locked to prevent any needlestick injuries. You can now let go of the skin fold



6. CHECK

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



7. 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

FURTHER SUPPORT

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

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

POSSIBLE SIDE EFFECTS

Like all medicines, this medicine can cause side effects, though not everybody gets them.

Sometimes taking a certain treatment such as Nordimet® might impact another treatment you are taking, for example by having an effect on how your liver functions. Your healthcare professional should monitor this with ongoing tests whilst you receive treatment.

If you experience any side effects, speak to a healthcare professional.

The most common side effects are listed below.

A full list of side effects can be found in the patient information leaflet in the box that contains your medicine.

Very common *(may affect more than 1 in 10)* side effects include:
▶ loss of appetite
▶ feeling sick (nausea)
▶ tummy pain
▶ increase in liver enzymes
▶ abnormal digestion

Common *(may affect up to 1 in 10)* side effects include:
▶ reduced blood cell formation, as checked by blood tests
▶ headaches
▶ tiredness and drowsiness
▶ diarrhoea
▶ itching
▶ mouth ulcers and inflammation in the throat
▶ reddening of the skin and rash
▶ pneumonia (with a dry, non-productive cough, shortness of breath and fever)

Reporting of side effects

If you get any side effects, talk to your healthcare professional. This includes any possible side effects not listed in the patient information leaflet. You can also report side effects directly via the Yellow Card Scheme Website: **www.mhra.gov.uk/yellowcard** or search for MHRA Yellow Card in the Google Play or Apple store.

By reporting side effects you can help provide more information on the safety of this medicine.

IMPORTANT – some side effects can be serious

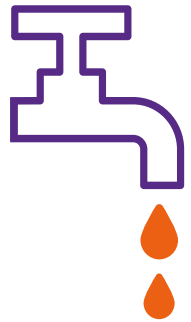
Get medical advice straight away if you get any sudden wheeziness, difficulty in breathing, swelling of the eyelids, face or lips, rash or itching (especially affecting your whole body).

If you develop any of the following side effects, contact a healthcare professional immediately
▶ inflammation of the lungs (symptoms may be general illness, dry, irritating cough, shortness of breath, breathlessness at rest, chest pain, or fever)
▶ severe peeling or blistering of the skin
▶ unusual bleeding spitting or coughing blood (including vomiting blood) or bruising
▶ severe diarrhoea
▶ ulcers in mouth
▶ black or tarry stools
▶ blood in the urine or stools
▶ tiny red spots on the skin
▶ fever
▶ yellowing of the skin (jaundice)
▶ pain or difficulty in passing urine
▶ thirst and/or frequent urination
▶ fits (convulsions)
▶ loss of consciousness
▶ blurred or decreased vision

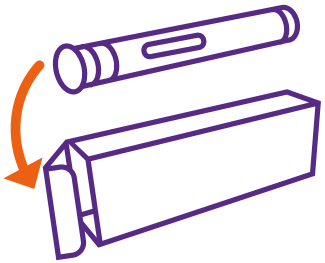
Stop using Nordimet and seek medical attention immediately if you notice any of the following symptoms of serious skin reactions: severe skin erosions and skin peeling, often with painful sores affecting the mouth or mucous membrane (epidermal necrosis).

TREATMENT ADVICE

Taking Nordimet® with food and drink
Whilst taking Nordimet® you must not drink alcohol and should avoid excessive consumption of caffeinated drinks and black tea as this may enhance side effects or interfere with the efficacy of Nordimet®. Make sure you drink plenty of other liquids during treatment as dehydration can lead to some side effects by increasing the toxicity of Nordimet®.



Storage
Nordimet® pens should be kept out of sight and reach of children. They should be stored within their box to protect the medicine from light and be kept at room temperature, below 25°C and do not freeze. 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.



Vaccinations
Live vaccines must be avoided when using Nordimet®. Please speak with your healthcare professional before receiving a vaccination.



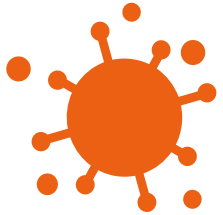
Nordimet® and other medicines
Tell your healthcare professional if you are taking any other medicines at the same time as Nordimet®. It is especially important to tell your doctor if you are taking certain medicines; please refer to your patient information leaflet for a list of these.



Pregnancy
Nordimet® cannot be taken during pregnancy or breastfeeding. Pregnancy should be avoided both during treatment and for at least six months after treatment is stopped as methotrexate can cause miscarriage or harm to unborn babies. Men must avoid fathering a child or donating semen whilst taking this treatment and for at least 6 months after treatment is stopped as not only can sperm production be affected but there is also a risk of causing birth defects. If you accidentally fall pregnant or your partner becomes pregnant whilst taking Nordimet® seek advice from a healthcare professional as soon as possible.



Fighting infections
As methotrexate reduces the activity of the immune system it can mean that your resistance to infection may be reduced. If you experience an infection with symptoms such as fever and serious deterioration of your general condition, or fever with local infection symptoms (sore throat/mouth or urinary problems) you should seek medical attention immediately.



What to do if you spill your injection
When taking your injection, if any of the solution comes into contact with your skin, you must rinse with plenty of water. Please speak with your healthcare professional for further advice.



FREQUENTLY ASKED QUESTIONS

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

Do not take a double dose to make up for a forgotten dose. Continue to take 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.

I would like to get a flu jab this winter. Is there any reason why I should be wary about vaccinations?

Live vaccines must be avoided when using Nordimet®. Please speak with your healthcare professional before receiving a vaccination.

I think I may be pregnant. What should I do?

If you are pregnant, think you may be pregnant, or are planning to have a baby, ask your healthcare professional for advice before taking this medicine. You must avoid becoming pregnant whilst taking methotrexate and for at least six months after treatment is stopped by using reliable contraception throughout this time. If you do become pregnant during treatment contact your healthcare professional straight away.

My supplies are running low. How do I get a repeat prescription?

Your nurse or pharmacist at the hospital will advise you on how to get repeat prescriptions and this will vary from hospital to hospital. Some will dispense the pens at the hospital pharmacy whilst others will have an agreement with your GP who will provide your prescription for collection at your community pharmacy. In some cases Nordimet® may be supplied to your home by a homecare delivery service. Ask your healthcare professional about the system they have in place and how you need to collect your first and then repeat prescriptions.

I'm worried that my treatments will stop working effectively and my condition will get worse. Is this likely to happen?

How well your treatment is working will be closely monitored and assessed by your healthcare team through regular blood and urine tests as well as by talking to you at your appointments. Your dose of Nordimet® may be adjusted to find the dose that is most effective in controlling your symptoms without troublesome side effects. If one of your healthcare team feels you need to change your medication, or add an additional treatment this will be discussed with you. There are different drug treatments available that work in different ways, they will try to find the one that works best for you.

What should I do if I'm concerned about the side effects of taking a drug for long periods of time?

Not everyone taking Nordimet® will experience side effects. It's important to weigh up any side effects against the benefits of treatment. Take time to read all the information that comes inside the box with your treatment and talk to your healthcare professional about any side effects you experience.

What should I do if I am moving house to a different area?

Once you know you are planning to move house, it is important to plan ahead as you might need to relocate your healthcare services. Let your healthcare team know as soon as possible so that they can help you to prepare before you move. You might need to register at a new GP and rheumatology services.

FURTHER SUPPORT

Coming to terms with a diagnosis of a chronic condition can be difficult. You may find over time that you can't be as active as you used to be or participate in certain activities and you may have less energy than before. There are, however, small changes you can make that can help ensure you can continue to lead an active lifestyle.

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

- **Your healthcare team including: your nurse specialist, consultant rheumatologist (or dermatologist), GP, local pharmacist and, if you have been referred to one, your physiotherapist or occupational therapist**
- **Family and friends**
- **Patient organisations and charities**

The more you know about your condition the more you can feel in control about the decisions you make. Patient organisations and charities are an excellent source of information and can help you to connect with other people living with your condition.

nras National Rheumatoid Arthritis Society	**National Rheumatoid Arthritis Society (NRAS)** **www.nras.org.uk** Helpline: 0800 298 7650 helpline@nras.org.uk
VERSUS ARTHRITIS	**Versus Arthritis** **www.versusarthritis.org** Helpline: 0800 520 0520
Arthritis ACTION	**Arthritis Action** **www.arthritisaction.org.uk**
psoriasis association	**Psoriasis Association** www.psoriasis-association.org.uk
papaa	**The Psoriasis and Psoriatic Arthritis Alliance (PAPAA)** **www.papaa.org**

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