



MANAGING YOUR CHILD'S METHOTREXATE:

FOR PARENTS AND CARERS OF
YOUNG CHILDREN WITH JUVENILE
IDIOPATHIC ARTHRITIS (JIA) WHO HAVE
BEEN PRESCRIBED NORDIMET®

NORDIMET® TRAVEL PACK

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

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



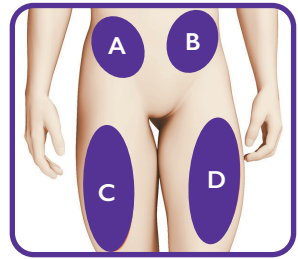
TRAVELLING WITH NORDIMET®

This is your child’s portable Nordimet® travel guide, so you can take important treatment information away with you, without the need to take your full patient pack.

It is important to check with your child’s nurse or doctor before travelling to see any other documents you might need to take with you e.g. a copy of your prescription and your letter of diagnosis from your doctor. Your child’s nurse or doctor can also provide you with a signed Nordimet® travel letter, which is needed when taking Nordimet® on an aeroplane. It may also be useful to contact the airline prior to travel to ask about flying with medicines. The Nordimet® Patient Information Leaflet (PIL) can be accessed via www.medicines.org.uk/emc/files/pil.7721.pdf

Vaccinations

If your child needs any vaccinations for travel, remember to check with your nurse or doctor first as “live” vaccines should not be given during treatment.



Injection tracker

Keep a track of your child’s injection site while away, so it can be rotated each week.

INJECTION DAY (circle)

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

Date of injection	Injection site A / B / C / D	Any side effects

Nordimet® is taken once a week only

THE TWO-STEP INJECTION TECHNIQUE

Step 1 – Uncap

Pull the cap directly away from the unit, do not twist or bend. Ensure the pen remains sterile and does not touch anything else.



Step 2 – Inject

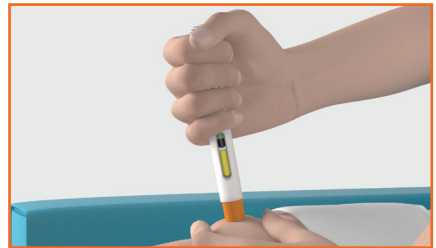
Gently pinch your child's skin at the chosen injection site and hold this skin fold throughout the injection.

Place the yellow needle shield against the injection site, ensuring the entire rim of the needle shield is touching the skin.

Apply downward pressure on the pen until you hear and feel a "click". This activates the pen and the solution will inject automatically into the skin.

When the injection is complete you will hear a second "click". Wait for another 2-3 seconds before the pen is removed.

If any of the solution comes into contact with your child's skin ensure to rinse with plenty of water.



After the injection

- Check the viewing window. If you see green plastic, this indicates that the fluid has been injected.
- Each pen is for single use only. After injecting, place the pen into the sharps bin provided. Keep the sharps bin out of reach from children.
- The packaging can be placed in normal household waste.

You can watch the self-injection demonstration video on the Nordimet® website –

nordimet.co.uk/patient-support/support-for-children-with-jia
or scan this QR code



FREQUENTLY ASKED QUESTIONS

I forgot to give my child their injection on the 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 doctor or nurse for advice.



Taking Nordimet® with food and drink

Ensure your child is not drinking excessive amounts of drinks containing caffeine such as soft drinks. Caffeine can affect how well the drug works on your child or may enhance side effects. However, try to make sure they are drinking plenty of water and liquids because dehydration whilst taking this treatment can lead to side effects.

Storage

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. 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.

Contact details for your child's hospital

Name of nurse or doctor:

Telephone number:

Name of pharmacist:

Telephone number (pharmacist):

Name of homecare contact:

Telephone number (homecare contact):

Other:

IMPORTANT – contact your doctor straightaway if your child experiences any sudden wheeziness, difficulty breathing, swelling of the eyelids, face or lips, rash or itching – especially affecting the whole body.

Adverse Events reporting

If your child experiences any side effects, speak 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 yellowcard.mhra.gov.uk. By reporting side effects, you can help provide more information on the safety of this medicine.



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