



# MANAGING YOUR METHOTREXATE:

FOR YOUNG ADULTS WITH JUVENILE  
IDIOPATHIC ARTHRITIS (JIA) THAT HAVE BEEN  
PRESCRIBED NORDIMET®

## FURTHER SUPPORT AND FAQS

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

March 2024  
UK-PEN-2400040





# WHERE TO GO FOR ADVICE, SUPPORT & FURTHER READING

Coming to terms with a diagnosis of JIA 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. However, there are small changes you can make that will 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/charities – a list of some key patient organisations can be found on the last page of this booklet

# 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 at your next allocated day and speak to your doctor or nurse for advice.

## **Can I continue taking my fish oil or other supplements whilst taking Nordimet®?**

Tell your doctor if you are 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 this winter, is there any reason why I should be wary about vaccinations?**

Check with your nurse or doctor before you have any vaccinations as some known as “live” vaccines should not be given during treatment.

## **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 doctor 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 doctor straight away.

### **How do I get a repeat prescription as my supplies are running low?**

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 nurse or pharmacist about the system they have in place and how you need to collect your first and then repeat prescriptions.

### **I'm worried that the 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 doctor through regular blood and urine tests as well as by speaking with you during appointments. Your doctor may adjust your dose of Nordimet® more than once to find the dose that is most effective in controlling your symptoms without troublesome side effects. If your doctor feels you need to change your medication to a different one, or add an additional treatment, this will be discussed with you. There are different drug treatments available that work in different ways and it will be a matter of finding the one that works best for you.

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

Not everyone 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 in the box with your treatment and talk to your doctor about any side effects that are bothering you.

### **What dose should I be on?**

Your dose has been tailored to your individual need so always follow the advice provided by your doctor or nurse.

## Patient organisations

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



**JIA-at-NRAS**

**[www.jia.org.uk](http://www.jia.org.uk)**

**Freephone helpline: 0800 298 7650**

**[jia@nras.org.uk](mailto:jia@nras.org.uk)**



**National Rheumatoid Arthritis Society (NRAS)**

**[www.nras.org.uk](http://www.nras.org.uk)**

**Freephone helpline: 0800 298 7650**

**[helpline@nras.org.uk](mailto:helpline@nras.org.uk)**

## Reporting side effects

If you experience 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](http://yellowcard.mhra.gov.uk)**. By reporting side effects, you can help provide more information on the safety of this medicine.



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