



MANAGING YOUR METHOTREXATE:

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

A GUIDE TO TAKING NORDIMET®

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

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

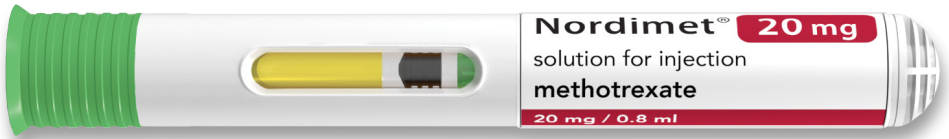


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ABOUT NORDIMET®



What is Nordimet®?

Nordimet® is a pre-filled auto-injector pen which contains the active drug methotrexate. Methotrexate is used to treat a number of inflammatory conditions including Juvenile Idiopathic Arthritis (JIA).

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

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, like JIA.



How often should I be taking 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 of the week for you to take your treatment on and keep to that day every week. You can use the enclosed planner 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.

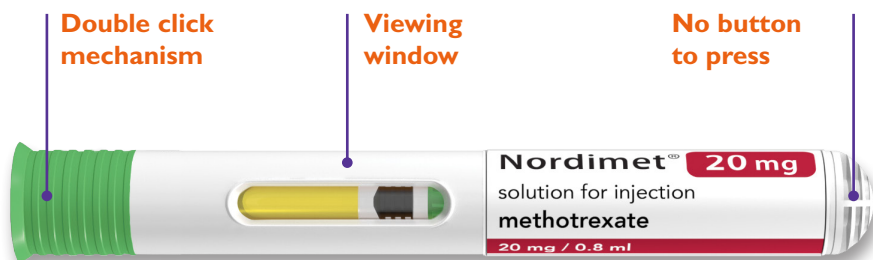
It is important to know that a response to treatment is not immediate. It can take several weeks before you notice an improvement in your symptoms.

How much Nordimet® should I be taking?

Nordimet® is available in different strengths and 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.**



Key features of a Nordimet[®] pen



The pen has been designed with no button to press; instead, you apply downward pressure on the pen on 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 help avoid the risk of needle stick injuries. There is a viewing window, where you can monitor the progress of the injection.

USING YOUR NORDIMET[®] AUTO-INJECTOR PEN

Your nurse or another member of your healthcare team 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.

You can watch the self-injection demonstration video on the Nordimet[®] website –
nordimet.co.uk/patient-support/support-for-young-adults-with-jia/
or scan this QR code



PREPARING FOR YOUR INJECTION

Nordimet® is taken **once a week only**

Wash your hands thoroughly with soap and water.



Sit or lie in a relaxed, comfortable position.



Remove the pen from its box and check the tamper-evident seal between the white body of the pen and green cap is intact.

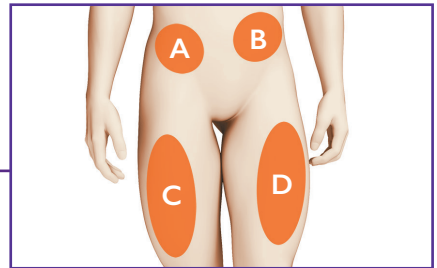


Check through the viewing window on the pen that the medicine inside is a clear, yellow solution, and if not use another pen.

You may see a small air bubble, this is normal.



Choose an injection site, rotating the site each time.



Wipe the area that you will inject with the alcohol swab provided.



The two-step injection technique

The pen has been designed to be as easy as possible to operate by following 2 steps.

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 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 skin you must rinse with plenty of water.

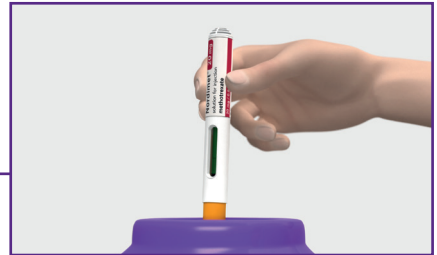


After your injection

Check the viewing window. If you can see green plastic, this indicates that the fluid has been injected.

Each pen is for single use only. After injecting, place your pen into the sharps bin provided. Keep the sharps bin out of reach from children.

The packaging can be placed in normal household waste.



Nordimet[®] is taken **once a week** only



POSSIBLE SIDE EFFECTS AND IMPORTANT ADVICE

Tests and monitoring

Before starting treatment with Nordimet® your healthcare professional will have organised for you to have blood tests and urine tests to check how well your liver and kidneys are working. You may also need to have a chest X-ray. Further tests may be done during your treatment.

As with all medicines, Nordimet® can cause side effects which will affect some people and not others. **If you experience any side effects, you must tell your doctor, nurse or pharmacist.**

Side effects

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 - please read this carefully.

Very common may affect more than 1 in 10 patients	Common may affect up to 1 in 10 patients
<ul style="list-style-type: none">• loss of appetite• nausea (feeling sick)• vomiting• tummy pain or discomfort• inflammation and ulcers in the mouth and throat• increase in liver enzymes• abnormal digestion	<ul style="list-style-type: none">• reduced blood cell formation• headache• tiredness or drowsiness• inflammation of the lungs (pneumonia) with dry, non-productive cough, shortness of breath and fever• diarrhoea• rash• reddening of the skin• itching

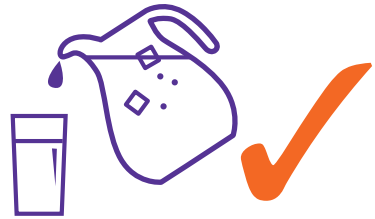
IMPORTANT – contact your doctor straightaway if you experience any sudden wheeziness, difficulty breathing, swelling of the eyelids, face or lips, rash or itching – especially affecting the whole body.

If you develop any of the following side effects, contact your doctor 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

IMPORTANT ADVICE

Taking Nordimet® with food and drink

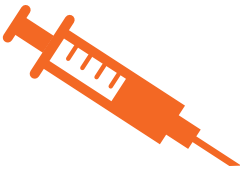
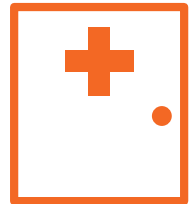


Avoid drinking excessive amounts of coffee or black tea and soft drinks containing caffeine and do not drink alcohol. Caffeine and alcohol can affect how well the drug works for you or may enhance side effects.

Try to make sure you drink plenty of water and liquids because dehydration whilst taking Nordimet® can also lead to side effects. Please refer to your patient information leaflet found in your medicine box for further information.

Storage

Nordimet® pens should be kept out of reach of young 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 or contains particles, also discard and use another pen.



Vaccinations

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





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 should avoid fathering a child or donating sperm whilst taking this treatment and for at least three 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® make an appointment to discuss with your healthcare professional straightaway.

Nordimet® and other medicines

Tell your nurse or doctor if you are taking any other medicines. This includes any herbal or natural remedies as there may be some interactions, which means certain medicines should not be taken together due to a risk of side effects or adverse reactions. Please refer to the patient information leaflet for more information.

Fighting infections

As methotrexate works to reduce the activity of the immune system, it means 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 a fever with local infection symptoms (such as sore throat/sore mouth or urinary problems) **you should see your doctor immediately.**

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. Side effects can also be reported 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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