



# MANAGING YOUR METHOTREXATE:

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

## NORDIMET® TRAVEL PACK

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

March 2024  
UK-PEN-2400039







# THE TWO-STEP INJECTION TECHNIQUE

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

## 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

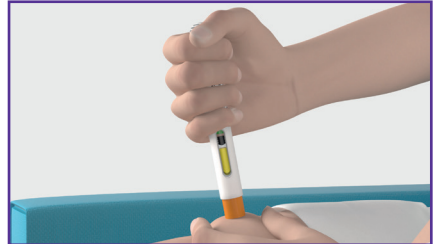
Gently pinch your skin at the chosen injection site and hold this skin fold throughout the injection.

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 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-young-adults-with-jia/](http://nordimet.co.uk/patient-support/support-for-young-adults-with-jia/)  
this QR code



## 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.

### **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.

### **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 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 you experience any sudden wheeziness, difficulty breathing, swelling of the eyelids, face or lips, rash or itching – especially affecting the whole body.

## Adverse Events reporting

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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