



# MANAGING YOUR METHOTREXATE:

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

## INTRODUCING YOUR NORDIMET® SUPPORT PACK

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

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# WELCOME TO YOUR NORDIMET<sup>®</sup> SUPPORT PACK

You have been prescribed Nordimet<sup>®</sup>, a pre-filled, auto-injector pen containing methotrexate. This guide is designed to help you understand this treatment.

It will provide you with information needed to use your new pre-filled auto injector pen at home. It takes you through the simple steps needed to prepare, inject and then safely dispose of the pen after each injection.

This resource is not a substitute for the patient information leaflet included in each Nordimet<sup>®</sup> box, which contains important information that you should read carefully. Your dose has been tailored to your individual need so always follow the advice provided by your doctor or nurse.

## **This pack includes the following booklets:**

- A guide to taking Nordimet<sup>®</sup>
- Further support and FAQs
- Nordimet<sup>®</sup> planner
- Nordimet<sup>®</sup> travel pack

## **Reporting side effects**

If you experience any side effects, speak to your doctor or nurse. This includes any possible side effects not listed in the package leaflet. Side effects can also be reported directly at [yellowcard.mhra.gov.uk](https://yellowcard.mhra.gov.uk). By reporting side effects, you can help provide more information on the safety of this medicine. Further information on side effects is included within the booklet "A guide to using Nordimet<sup>®</sup>".

**This may be the first time you have been prescribed methotrexate, or you may have been switched from another type. Although it contains methotrexate, there are important differences between Nordimet<sup>®</sup> and other types of methotrexate that can be prescribed.**

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