

## Methotrexate self-injection patient information leaflet

Methotrexate is a cytotoxic drug and is used in rheumatology in much smaller doses to produce an anti-inflammatory effect. Special precautions are needed to ensure safe handling and disposal of equipment.

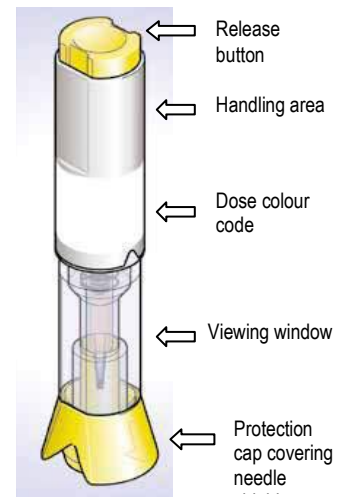
Methotrexate must never be put down the sink or in normal household waste. Always use the cytotoxic sharps disposal bin for all waste products except for the outer carton which can be disposed of in normal household waste.

Keep injection and disposal equipment away from children and pets. If children are in the environment, use a lockable box.

### Equipment required

Methotrexate – METOJECT® syringe has been changed to METOJECT® PEN (see picture)

Cytotoxic sharps waste bin	Clean table surface	Cotton wool or gauze
Elastoplast or tape	Paper towel	Gloves



### Method of injection

- Wash hands.
- Injections can be placed in either thigh or the abdomen and site should be alternated. Have injection site exposed. Never inject into areas where the skin is tender, bruised, red or hard.
- Remove METOJECT PEN from the outer packaging. An air bubble MAY be visible in the PEN. This is to ensure all the medication is administered during injection and is completely harmless. Do not try to get rid of the bubble before injection.
- Before injection, pull off the yellow protection cap in a downwards motion, revealing the needle shield. Do not twist or bend the protection cap whilst you are removing it. Do not press the yellow release button until you are ready to inject.
- There is no need to swab the skin prior to injecting if the skin is clean.
- Gently grip the skin at the injection site using your thumb and index finger and maintain throughout the injection process.
- Place the transparent end of the PEN at a 90° angle on your skin.
- Without pressing the yellow release button, push the PEN firmly against your skin until the needle shield slides fully into the viewing window. This will unlock the yellow release button.
- Start the injection by pressing the yellow release button with your thumb. A clicking noise indicates the start of the injection.
- Maintain the pressure of the PEN against the skin and count slowly to 5 seconds, until all the medicine is injected.  
Please note: Metoject® PEN contains a safety device which requires sufficient pressure to be applied to the skin to unlock the yellow release button. The injection site surface must be firm throughout the process.
- Do not move the PEN during injection. After 5 seconds, release the skin and remove the PEN. There should be no remaining fluid in the PEN. The needle protection shield will automatically slide over the needle and lock into place.
- Dab the injection site with clean cotton wool or a swab. Do not rub the injection site as this may irritate the skin.
- Place all waste into the disposal bin.

**Spillage**

In case of accidental spillage, put on some household or latex gloves. Mop up the excess with a paper towel, disposing directly into the cytotoxic waste bin.

Wash the contaminated area with copious amounts of water, and wipe clean. Discard all paper towels into the cytotoxic waste bin. Repeat the process five times. Clean the area with hot soapy water. Remove gloves and dispose in the waste bin. Wash hands.

**Disposal**

Sharp safe 1 litre sharps bins can be used to dispose of 4 metoject PENS including caps = 1 month  
 These can be prescribed on FP10: Frontier Medical - Cat No: 41602420, NHS Code: FSL321  
[http://www.sharpsafe.co.uk/p/23/1\\_Litre.html](http://www.sharpsafe.co.uk/p/23/1_Litre.html)



Once it is filled lock the box and either take it to the GP surgery, or for those patients in Chelmsford the council run a service for collection and disposal of cytotoxic drugs. Some pharmacies may dispose of these bins, but you will need to discuss with them individually. As it is cytotoxic, it needs to be incinerated at a higher temperature therefore these additional precautions are required for safe disposal.

**Useful contacts**

Rheumatology Nurse Specialists  
 Daniella Boteanu and Emerald Sekaran 01245 514193

Manufacturer guidelines  
<http://metoject.co.uk/patient/metoject-is-switching/>

<http://www.chelmsford.gov.uk/clinical-waste>

For disposal of purple lidded sharps bin:

Chelmsford-01245 615800  
 Braintree-01376 552525  
 Maldon-01621 854477

<b>Title</b>	Methotrexate self injection patient information leaflet
<b>Document reference</b>	MethotrexateSelfInjectionINF201512V2.0FINAL
<b>Author</b>	Natalie Leong, Senior Pharmacist, Mid Essex CCG
<b>Consulted with</b>	Emerald Sekaran, Rheumatology Nurse Specialist MEHT
<b>Approved by</b>	MMC
<b>Date approved</b>	December 2015
<b>Next review date</b>	December 2017

<b>Previous version</b>	<b>Key changes</b>
July 2014	Document Management added. Updated due to change in Metoject syringe to Metoject PEN