



What is NOVATREX®

Medicine Name	Description
Methotrexate	2.5 mg pill There are generic drugs of different forms

How should you take your medicine?

Your doctor has determined your medicine dosage.












In your case, the dosage is as follows:..... mg per week, i.e..... pills, to be taken **one time every week**.

Swallow whole with a glass of water; do not crush, cut, chew, or dilute the pills.

At a set time, with or without meals.

If you forgot to take a dose or in case of vomiting, do not take an additional dose but wait for the time to take the next dose.

Dosage – therapy regimen

Once a day, at a set time, with or without meals	  							
D1, resume on D8	 D1	 D2	 D3	 D4	 D5	 D6	 D7	 D8

How to get the medicine supply?

This medicine is available in local pharmacies.

Getting this medicine might take time. Be careful and order the medicine in advance. Store this product in its original packaging, away from sources of heat and moisture.

What else do you need to know?

Precautions and monitoring

Laboratory tests are necessary while taking your medication (blood test to monitor blood counts, liver and kidney function), as well as clinical condition monitoring.

Using contraceptives

This drug may harm an unborn baby. During the entire treatment, you and your partner need to use effective contraception methods (condoms combined with another method).

Interactions with other medications and/or food

The occurrence of interactions between NOVATREX® and your other treatments may have harmful consequences (reduced drug efficacy and tolerance). It is important to tell your pharmacist and doctor about all medications and/or other substances (foods, plants, probiotics, essential oils, nutritional supplements, etc.) that you are taking.

Example: While taking Methotrexate, avoid using olive leaf supplements, aspirin, and antiinflammatory drugs. Some (live) vaccines are contraindicated while taking Methotrexate.

What are possible side effects?

Only the most common side effects are listed below. There might be some other side effects. For additional information, refer to your medicine leaflet or seek advice from your doctor or pharmacist.

SIDE EFFECTS	
Most common ones	Abnormal lab results: low white blood cell count (leucopenia), low thrombocyte count (thrombocytopenia), low hemoglobin level (anemia), abnormal liver and kidney function tests Digestive problems: nausea, vomiting, diarrhea, abdominal pain Dizziness Infertility – reversible after the end of treatment
Some patients require special attention	Patients – carriers of hepatitis B or C virus Lactose intolerant patients
WHEN TO ALERT THE MEDICAL TEAM?	



<p>Tell medical personnel if the following conditions are present and in the absence of specific medical advice</p>	<p>Digestive problems</p> <ul style="list-style-type: none"> > Significant and/or rapid weight loss > Very frequent diarrhea, bowel movement over 4 times a day > Mouth pain or ulcers that prevent normal eating > Severe abdominal pain > Inability to drink for 24 hours and/or eat for about 48 hours <p>Symptoms suggestive of infection</p> <ul style="list-style-type: none"> > Temperature > 38.5 °C > Cough, throat pain, pain on urination, diarrhea with fever <p>Respiratory problems</p> <ul style="list-style-type: none"> > Increasing constant cough or problems breathing <p>Skin problems</p> <ul style="list-style-type: none"> > Significant blisters or severe peeling of the skin <p>Symptoms suggestive of neurological disorder</p> <ul style="list-style-type: none"> > Unusual fatigue, headaches, dizziness, mood disorders, memory problems, creeping sensation, limb paralysis, movement coordination impairment
<p>HOW TO PREVENT SIDE EFFECTS?</p>	
<p>Weight</p>	<p>Regularly check your weight in case of digestive problems.</p>
<p>Infection</p>	<p>Avoid visiting high risk areas (crowds, contact with sick people, ...). A flu and pneumococcal infection vaccine might be recommended for you: it will protect you.</p>
<p>Handling an anticancer medication</p>	<p>Avoid capsule contact with skin. Wear gloves and wash your hands after handling the medicine.</p>
<p>Skin care</p>	<p>Opt for mild soap and moisturizer, pat skin dry. Avoid using any skin irritating products. <i>For sun protection use</i> broad spectrum sunscreen and avoid sun exposure.</p>
<p>Hair loss</p>	<p>Use a small amount of mild shampoo (for babies). Opt for a soft brush. Avoid washing your hair too often. Avoid heat sources (hairdryer, heated curlers, hot smoothing iron), dyes, highlights, or perm.</p>
<p>HOW TO ADAPT YOUR DIET?</p>	
<p>Nausea</p>	<p>Opt for split nutrition consisting of several light meals, liquid and cold dishes. Limit consumption of fatty, fried, and spicy foods.</p>
<p>Diarrhea</p>	<p>Opt for a low fiber diet. It is preferable to consume starchy products, carrots, and bananas. Avoid using raw fruit and vegetables, dairy products, coffee, or alcohol. Drink more water.</p>

