
Department of Gastroenterology

Methotrexate and Inflammatory Bowel Disease (IBD)

This leaflet is designed to give you more specific information regarding dosing and monitoring to that in the methotrexate booklet you should have already received. All the other aspects of safety and care will be as indicated in the booklet.

How do I get started on treatment?

Once the doctor has decided that methotrexate treatment is necessary you will normally be given an appointment to be seen in the clinic by the specialist gastroenterology (disorders of the digestive system) pharmacist or IBD nurse specialist for further counselling regarding the treatment and monitoring guidelines. This will normally be within one to two weeks after seeing the doctor or sometimes sooner.

You must not start treatment until you have spoken to the pharmacist or IBD nurse and been given specific instructions on how to take this safely.

What dose do I take?

Methotrexate tablets are available in 2.5mg and 10mg strengths. Local doctors almost always prescribe the 2.5mg strength tablets.

You will usually be started on 15mg once weekly increasing to 20mg once weekly after two weeks up to a maximum of 25mg once weekly after a further two weeks depending on how you respond.

You should always check the strength of tablets and dose is correct.

How long will methotrexate take to work?

Methotrexate does not work immediately. It may be 4 to 12 weeks before you notice any benefit. Therefore if your disease is very active it may be necessary for you to take other medications which work more quickly, for example steroids (or occasionally an intravenous infusion called infliximab might be necessary) until the methotrexate starts to become more effective.

Do I need any special checks while on methotrexate?

Certain checks are important when taking methotrexate so that your doctor and IBD nurse can see if the treatment is working and that it is not causing any harm to other parts of the body.

The tests you will require are:-

Full blood count (FBC) and Liver function tests (LFT's) every week for two months, then monthly thereafter if all remains well.

There may be other tests you require on top of these from time to time and your doctor or IBD nurse will advise you if and when these need to be done

Record the results in the patient held record book given to you by the hospital doctor/specialist IBD nurse. It is important to bring this book to clinic appointments and to any GP appointments you may have.

Where can I obtain further information?

If you would like any further information about methotrexate, or if you have any concerns about your treatment, you should discuss this with your doctor IBD nurse or pharmacist.

Please ask if you require this information in other languages, large print or audio format: 01223 216032 or patient.information@addenbrookes.nhs.uk

Potete chiedere di ottenere queste informazioni in altre lingue, in stampato grande o in audiocassetta.

Italian

若你需要本信息的繁體中文、大字體或音訊格式的版本，請要求索取。

Cantonese

तमने आ माखिती बीछ भाषाओमां, मोटा अक्षरोमां अथवा सांभणी शकाय ओवा माध्यम (ओडीओ डोमेन्ट)मां जेठती छोय तो कृपा करीने पूछो.

Gujarati

تکایه پرسیار بکه نه گهر نه وزانیاریهت دهوی به زمانیکی تر . به پیتی گهوره یانیش به شیوهی دهنگ

Kurdish

آگراپ کو به معلومات دوسری زبانوں میں، بڑے الفاطکی اشاعت میں یا آڈیو ٹیپ پر درکار ہوں تو ہر ایسے مہربانی اس کیلئے درخواست کریں۔

Urdu



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Document history

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