



## WHAT IS NOVATREX®/ ACCORD® MÉTHOTREXATE ?

- Cancer drug used in the treatment of some forms of leukemias
- Prescribed and renewed by your hospital doctor or your family doctor.
- Available in city pharmacies on presentation of your prescription.



- Round, creamy-yellow tablets, **dosed at 2,5 mg**
- *There exist generics in several different colours*



- Store it at a temperature not over 25°C, out of reach and sight of children.




- Do not get the tablets out of the packaging to put them in a pill-box.



- Wash your hands carefully before and after each handling of the tablets

- Do not throw away the opened packagings, please bring them back to your pharmacist.

## HOW TO TAKE THIS MEDICINE?

<b>When ?</b>	<b>On.....</b> (day of the week)) at .....h.....	<b><u>1 single take, at a fixed hour, only once a week</u></b> <b>during or away from a meal</b>
<b>How ?</b>	 Swallow the tablets whole, with water, one after the other in succession, once a week. Do not chew, nor cut, crush or dissolve the tablets.	

*Avoid consuming alcohol on the day of your takes, or even completely during the treatment.*

You can help yourself with **your tracking book\*** and **a calendar** to spot the takes. Never stop or change the rhythm of administration of your treatment without your doctor's advice.

\*\* This file is not a prescription ; refer to your latest prescription..

## WHAT TO DO IN CASE OF MISSING, VOMITING OR OVERDOSING?

- **In case of missing in less than 24 hours:** take your treatment as soon as possible. The next dose will be taken on the usual day, the following week (do not take an extra dose/do not double the next dose). Please note it in your tracking book\*.
- **In case of missing after 24 hours:** contact the prescriber in order to adapt the behaviour : either take a dose as soon as possible and then postpone the next dose in order to respect a 7 days' interval, or postpone the take until the usual day of the following week. Please note it in your tracking book\*.
- **In case of vomiting,** do not take a new dose, and do not double the next take. The next dose will be taken on the usual day. Please note it in your tracking book\*.
- **If you have taken more tablets than you should have,** contact your doctor or your cancer treatment unit at once.

## INTERACTIONS WITH OTHER MEDICINES AND/OR FOOD



Check with **your doctor** and **your pharmacist** that the medicines (with or without prescription) and/or other substances ( food and plants, probiotics, essential oils, food supplements...) and other by-products that you are taking **are compatible with your treatment**. The molecules they contain, their measuring and consuming frequency may interact with your treatment and affect its efficiency.







- **Women** who are treated must use efficient contraceptive methods ( condoms and one other means) during the whole treatment **and up to 3 months after the last take**.
- **Men** who are treated must use condoms during the whole treatment and **up to 5 months after the last take**
- Stop breast feeding during the whole treatment.

Male and female fertility may be affected during the treatment with methotrexate. Your doctor can inform you about the possibility of consulting a genetic counseling center about sperm preservation before starting your treatment.

\*Tracking book available on the sites [www.omeditbretagne.fr](http://www.omeditbretagne.fr) or [www.omedit-paysdelaloire.fr](http://www.omedit-paysdelaloire.fr)

# WHAT SIDE EFFECTS MAY OCCUR WITH NOVATREX® MÉTHOTREXATE ?

Like all medicines, methotrexate may bring about side effects, although you may not experience any.

Side effects	Prevention
 <p>Digestive effects : diarrheas, nauseas, vomiting</p>	<p>Watch over your weight and remember to hydrate well (2litres of water a day).  <b>In case of diarrhea</b>, favor food that is poor in fibers ( starchy food, carrots, bananas...) . Avoid food which may speed up your intestinal transit (dairy, raw fruit and vegetables, cereals, fat food, spices).  <b>In case of nauseas/vomiting</b>, make several small light meals during the day and eat slowly. Avoid, greasy, fried and spicy food, and those whose smell may trigger nauseas. Avoid staying on an empty stomach as this increases nauseas. Rather drink between meals. Take the antiemetic drugs you have been prescribed if necessary.</p>
 <p>Mouth inflammation</p>	<p>Use a soft toothbrush and a menthol-free toothpaste without additive. Hydrate your lips (ask your pharmacist for advice, especially if you are treated with oxygenotherapy) and stimulate your saliva (ice cubes, sorbets). Favor blended liquids and food. Avoid alcohol, tobacco , coffee and acid, salted, irritating, spicy or crunchy food. Take analgic drugs and make the mouthwashing you have been prescribed ( not the ones with alcohol).</p>
 <p>Skin eruption, photosensitiveness</p>	<p>Use a gel or a soap-free hypoallergenic bar. Avoid hot water. Dab your skin dry. Apply a hydrating agent (cream or milk). Avoid exposure to the sun, especially between 12 and 16pm. Wear protecting clothes, even under a parasol (UVA reflection). Use a sun cream &gt;50, to be applied 30 minutes before exposure and renewed every 2 hours.</p>
 <p>Hair loss</p>	<p>Use a large comb or a soft natural bristles hairbrush. Choose a soft or revitalizing shampoo, rinse your hair in tepid water and let it dry in the open air or at a low temperature. Avoid blow-drying, hair setting, perms and dyeing which may weaken your hair.</p>
 <p>Anemia, leucopenia, neutropenia, thrombopenia</p>	<ul style="list-style-type: none"> <li>- Anemia : contact your doctor in case of paleness, shortness of breath during effort or even at rest, persisting fatigue, heart throbs, dizziness or headaches.</li> <li>- Leucopenia/neutropenia : contact your doctor in case of a temperature over 38°C, shivers, sweating, cough, short or painful breathing, urinary burns, diarrhea with fever, or any other sign suggesting infection.</li> <li>- Thrombopenia : contact your doctor in case of an outcome of small red dots on the skin, bruises, nose bleedings, small eye or gum bleedings, and blood in urines or motions.</li> </ul>
 <p>Risk of infection</p>	<p>Limit contacts with persons with a contagious infection. Wash your hands regularly. Disinfect any injury carefully. Contact your doctor in case of a temperature over 38°C, cough, short or painful breathing, painful or smelly urines, change in the nature or frequency of motions (diarhea, constipation) or in case of redness, pain or oozing around the central catheter, the parenteral feeding tube or the urinary catheter.</p>

Only some of the most frequent side effects mentioned above. For further information, please refer to your medicine leaflet or ask your doctor or pharmacist for advice.

You can also ask your question ask your question to [center for side effects monitoring](https://www.sanofi.com/fr/medicaments/methotrexate) or notify any side effect on the following site : [signalement-sante-gouv-fr](https://signalement-sante.gouv.fr)



In all cases, remember to make the biological tests prescribed by your doctor.

## WHAT TO DO IN CASE OF SIDE EFFECT(S)?

- Take the medication prescribed for side effects in accordance with the doses.
- Respect measures of prevention.

Useful contacts :

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Remarks :

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### Promptly contact your doctor in case of :

- Signs of infection (fever, cough, shivers, sore throat, fatigue...)
- Bleedings, bruises, blood in urines or motions
- Dry coughing, difficulty to breathe, fever.
- Skin reactions
- Vomiting, diarrheas, dehydration
- Any persisting or worsening side effect

