

Methotrexate for your treatment



Obstetrics & Gynaecology

patient**information**

Hearing about your experience of our services is very important as it means we can pass compliments to our staff and make improvements where necessary. Tell us what you think at feedback@rothgen.nhs.uk

Slovak

Ak vy alebo niekto koho poznáte potrebuje pomoc pri pochopení alebo čítaní tohto dokumentu, prosím kontaktujte nás na vyššie uvedenom čísle alebo nám pošlite e-mail.

Slovensky

Kurdish Sorani

کوردی سۆرانی
نەگەر تۆ یان کەسێک کە تۆ دەیناسی پێویستی بەیارمەتی هەبێت یۆ نەوێ لەم بەلگەنامە بە تێبگات یان بێخۆتێنتەو، تکایە پەیوەندیمان پێوه بکە لەسەر ئەو ژمارەیە سەروددا یان بەو نێمەیلە.

Arabic

عربي
إذا كنت أنت أو أي شخص تعرفه بحاجة إلى مساعدة لفهم أو قراءة هذه الوثيقة، الرجاء الاتصال على الرقم اعلاه، أو مراسلتنا عبر البريد الإلكتروني

Urdu

اُردو
اگر آپ یا آپ کے جانتے والے کسی شخص کو اس دستاویز کو سمجھنے یا پڑھنے کیلئے مدد کی ضرورت ہے تو برائے مہربانی مندرجہ بالا نمبر پر ہم سے رابطہ کریں یا ہمیں ای میل کریں۔

Farsi

فارسى
اگر جناب عالی یا شخص دیگری که شما او را می شناسید برای خواندن یا فهمیدن این مدارک نیاز به کمک دارد لطفاً با ما بوسیله شماره بالا یا ایمیل تماس حاصل فرمایید.

If you require this document in another language, large print, braille or audio version, please contact Patient Information on 01709 424281 or email patientinformation@rothgen.nhs.uk

Some questions answered

As part of your treatment you may receive an injection of a drug called Methotrexate. Methotrexate is a chemotherapy drug that has been proven to be very effective in treating the following problems:

- Ectopic pregnancy
- Pregnancy of unknown location
- Persistent trophoblastic activity

Ectopic pregnancy or pregnancy of unknown location (P.U.L)

If your Ectopic pregnancy is small, your hormone levels are low, you are pain free and feeling well, then Methotrexate may be offered as an alternative to you undergoing surgery.

What are the benefits of Methotrexate?

Studies that look at how successful further pregnancies are following this treatment have found that it is at least as good as following surgery, if not better.

Surgery can cause scarring around the tube, and it may be that by not having surgery and by taking Methotrexate, future pregnancies are less likely to be ectopic.

How successful is Methotrexate?

The injection is successful in 80 to 95% of cases. Most women only require one dose, however, occasionally two doses may be necessary (the injection is usually given in your leg or bottom). 5 to 10% of ladies may still require surgery.

How does Methotrexate work?

The treatment works by interfering with an essential vitamin (folate) involved with these type of pregnancies.

Are there any side effects to this treatment?

- 60% of ladies experience abdominal pain in the first week following their injection (although this should not be severe)
- Up to 15% of ladies may experience:
 - nausea
 - vomiting
 - indigestion
 - tiredness
 - stomatitis (inflammation of the mouth)
 - reversible alopecia
- Very rarely it may affect the liver or blood counts. If this happens it is usually mild and only lasts for a short time. Follow up blood tests will check this

Will I need to come back to the hospital?

You will need to come back to the hospital for further blood tests to check your pregnancy hormone levels on day 4 and 7 after the injection of Methotrexate. This information lets us know that the treatment is working.

We will then take a blood test each week until all your hormone levels go back to normal.

Is there anything else I need to know?

The following points are important:

- If you experience severe pain or heavy vaginal bleeding, immediately contact or attend the Early Pregnancy Assessment Unit (EPAU) on 01709 427072 or Ward B11 on 01709 424349
- Pregnancy should be avoided for 3 months after methotrexate has been given, because of a possible teratogenic effect – advice should be to use a reliable barrier or hormonal contraception
- It is important that you use adequate contraception for 3 months after a single injection or 6 months after more than one treatment
- Avoid aspirin or drugs such as Ibuprofen for one week after treatment. Regular paracetamol is safe to use (up to two tablets, four times per day), but contact EPAU or Ward B11 if you need to take it for more than 3 days
- Avoid alcohol and vitamin preparations containing folic acid until your blood levels (including liver functions) return to normal
- Be sure that all of your questions have been answered. Take down the hospital telephone number and do not hesitate to phone for advice if you have any worries
- Avoid exposure to sunlight and do not use sunbeds

Methotrexate for your treatment

Methotrexate treatment form

Patient Details / ID sticker

Parity

Findings on TVS

Date given

Dose given

Pre treatment

Diagnosis

Asymptomatic tubal pregnancy

Cervical pregnancy

Persistent Trophoblast activity

Interstitial pregnancy

Plan for treatment discussed with cons?

Consent

LFT's checked

U & E's checked

FBC checked

Blood group

Ant-D given Y / N

Date

Have you explained?

Side effects

- Lower abdominal pain (days 4 - 7)
- Nausea
- Diarrhoea
- Oral irritation
- Reversible alopecia

Limitations

- 80 - 90% complete resolution without needing further treatment
- May need further dose
- May need surgical intervention
- Ectopic pregnancy may rupture

Compliance

- Need for reliable contraception for 3 months (6 months if more than 1 dose)
- Avoid folic acid in vitamin supplements
- Avoid NSAIDS for 1/52 after treatment
- Avoid alcohol until LFT's / U & E's return to normal
- Leaflet given
- Avoid exposure to sunlight
- Avoid use of sunbeds

Methotrexate for your treatment

PATIENT RECORD		
Date / Day	Symptoms / Signs	HCG

Methotrexate for your treatment

How to contact us

Early Pregnancy Assessment Unit (EPAU)

Telephone 01709 427072

Ward B11

Telephone 01709 424349

Unit Counsellor

Telephone 01709 427636

Switchboard

Telephone 01709 820000

Useful contact numbers

The Miscarriage Association

Telephone 01924 200799

The Ectopic Pregnancy Trust

Telephone 01895 238025

NHS 111 Service

Telephone 111

Health Info

Telephone 01709 427190

Stop Smoking Service

Telephone 01709 422444

For GP out of hours, contact your surgery

Useful websites

www.nhs.uk

www.gov.uk

www.therotherhamft.nhs.uk

www.miscarriageassociation.org.uk

www.ectopic.org

We value your comments

If you have any comments or concerns about the care we have provided please let us know, or alternatively you can write to:

Patient Services

The Rotherham NHS Foundation Trust

Rotherham Hospital

Moorgate Road

Oakwood

Rotherham

S60 2UD

Telephone 01709 424461

Email complaints@rothgen.nhs.uk



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