



After your Methotrexate Injection:

SIDE EFFECTS:

Side effects of a single low dose are usually absent, and when present are mild and short-lived. They might include nausea, diarrhea, abdominal cramping and/or sores in the mouth. Less often, vomiting, headache, dizziness, sleeplessness and/or vaginal bleeding may occur.

BLOODWORK:

You will be required to come in for initial blood tests on day 4 and 7 after your injection to measure your beta hCG level.

Day of Injection (Day 0) _____

Day 4 for bhcg _____

Day 7 for bhcg _____

Then weekly thereafter, until your level goes back down to zero. Some people require a repeat dose of medication on day 7 and will then have repeat blood tests 4 and 7 days after the second injection also.

DIET/NUTRITION:

Certain foods contain Folic Acid, which can interfere with the action of methotrexate.

Since your prenatal vitamin has folic acid in it, please discontinue taking your prenatal vitamin until your pregnancy levels have fallen back down to zero.

Also, the following foods are high in folic acid and should be avoided in the weeks after the methotrexate injection:

- Dark green leafy vegetables like Spinach, Romaine Lettuce, Watercress, Chard, Kale, Collard Greens, Arugula, Most Lettuces (but iceberg lettuce is okay)
- Chickpeas
- Beans - especially kidney, lima, black and lentils,



The following foods also contain folic acid and should be eaten in small amounts only

- Broccoli
- Brussel Sprouts
- Corn
- Asparagus
- Okra
- Peas
- Beets
- Brewers yeast (including beer)
- Fortified grains
- Whole grains
- Wheat germ
- Oranges and orange juice
- Grapefruit and grapefruit juice
- Papaya
- Strawberries
- Raspberries
- Avocado
- Organ meats (including liver)
- Bananas
- Seeds and Nuts

Certain medications may interfere with the action of the methotrexate. Therefore, do not take any medications that contain aspirin, ibuprofen drugs (such as Advil, Motrin), Nuprin or Aleve.

WHAT IS NEXT?

You must use contraceptives (avoid pregnancy) for 3 months after the Methotrexate injection.

It is rare to have an emergency, but important to be prepared. It could be dangerous to delay care in the event of an emergency, so it is necessary to contact us as soon as possible.

Please contact us if you have excessive bleeding; severe pain not reduced by rest, pain medication, heating pad, or hot water bottle; continued vomiting (unable to keep anything down) for more than 4-6 hours; or fever.