French Hospital Medical Center.
A Dignity Health Member

If you have any questions, please consult your physician or call Hearst Cancer Resource Center at 805.542.6234. For emergency, call 911.

PATIENT EDUCATION

Methotrexate (MTX, Mexate)

SIDE EFFECTS

It is important for the patient to follow all prescription instructions carefully. You may experience some, all, or none if the following:

- **Lowered Blood Counts –** This is temporary and usually occurs 7-9 days after treatment. During this time you are more susceptible to colds, infections, and bleeding. Blood tests may be done to monitor your blood counts.
- **Nausea/Vomiting –** This is usually mild, but you will be given medication to prevent or control this.
- **Anorexia –** Is usually mild
- **Mouth Sores –** Your lips and mouth may become red and sore 1 week after receiving this drug. You may also develop white ulcers or blisters on your lips, tongue, and inside your mouth.
- **Diarrhea –** Common. You may notice an increase in the frequency of stools per day; stools may be more loose or watery. This is not associated with cramping or abdominal bloating.
- **Skin Changes –** Occur 1-5 days after treatment. Your skin will be very sensitive to the sunlight or ultraviolet rays; you may develop a rash that resembles sunburn. You must wear protective clothing as well as sunscreen if you will be in the sunlight.
- **Temporary Hair Loss –** Occurs rarely, but if does will regrow after treatment complete.

PATIENT RESPONSIBILITIES

Notify your doctor or oncology nurse immediately if you experience:

- Uncontrolled nausea and vomiting; inability to eat drink for more than 24 hours
- Blood in urine or stools or any unusual bleeding
- Signs of Infection: Chills or fever above 100.5°F, new or significant cough or shortness of breath, sore throat, pain or burning with urination, a sore that is red and swollen, white patches in your mouth or on your tongue
- Increase in 4 or more stools over what is normal for you
- Mouth sores as described above

SPECIAL INSTRUCTIONS

- **Birth Control Measures –** are necessary during and for 4 months after treatment due to potential harm to sperm/egg health.
- **Before any dental procedure, be sure to tell your dentist you are taking this medication.**