

# Instructions for Methotrexate Injections for Uveitis

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**Uveitis** is a condition in which the immune system is overactive in the eye, causing inflammation (swelling, redness, irritation) and either pain or vision difficulties. **Methotrexate** is a medication that calms your immune system and decreases inflammation in your eye.

**Give yourself a methotrexate injection once a week. Don't forget to also take your daily folic acid to avoid stomach issues and extreme feelings of fatigue.**

1. Gather your injection supplies (which were part of the prescription order your doctor placed with your pharmacy):
  - Syringe
  - Cotton ball
  - Alcohol pad
  - Sharps container
  - Methotrexate medication bottle
  - Band-Aid® (optional)
2. Wash your hands.
3. Remove the cap from the medication bottle and clean the rubber stopper underneath the removed cap with an alcohol pad. Do not touch the top of the uncapped bottle to make sure it stays clean.
4. Take the syringe and draw up the same milliliters (ml) of air as ml of methotrexate you will be injecting. Then pierce the rubber stopper at the top of the bottle with the needle and inject the air into the medication bottle by pushing the syringe plunger down.

5. With the needle on the syringe still inserted, turn the medication bottle upside down and pull back on the plunger to draw medication into the syringe. Draw more than the amount of medication you need to inject.
6. While the syringe is still in the upside-down bottle, tap on the side of the syringe to move any air bubbles to the top of syringe, and then push the air bubbles back into the bottle. Then push or pull the syringe plunger until the medication is at the exact ml mark that you want to inject. Make sure the needle tip is under the surface of the liquid medication in the bottle as you do this.
7. Carefully remove the needle from the bottle.
8. Pick an injection site on your body. The best sites are the top of your thigh or the side of your stomach. Pinch your skin with one hand and insert the needle at an angle into the pinched skin. If the needle is  $\frac{1}{2}$  inch or shorter, insert the needle all the way until you see no metal (to the hub).
9. Push the syringe plunger to inject the medication.
10. Release the pinched skin, but then leave the needle in your skin for 5 seconds after you finish injecting.
11. Remove the needle while pressing on the site with the cotton ball with your other hand. If you'd like, you can then put a Band-Aid® over the injection site.
12. Wash your hands again.
13. Dispose of the needle and methotrexate bottle in the sharps container.
  - If you do not have a sharps container, use a thick plastic bottle with a secure lid.
  - When these containers are full, you will have to dispose of them safely. Each county has different recommended ways of disposing of sharps. Please talk to your local pharmacy about the best way to dispose of sharps in your community.

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