Arroyo Grande Community Hospital
A Dignity Health Member

If you have any questions, **please consult your physician or call AGCH Coastal Cancer Care at 805.481.7245. 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.**