

ADAMS PATTERSON GYNECOLOGY & OBSTETRICS

A DIVISION OF WOMEN'S CARE CENTER OF MEMPHIS

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PATIENT INSTRUCTIONS FOLLOWING METHOTREXATE INJECTION

As you are aware this medication has been administered as treatment for a tubal pregnancy. It is very important that all recommendations be followed as directed.

- Do NOT drink any alcohol.
- Do NOT take any folic acid supplement or vitamins.
- Do NOT participate in any strenuous exercise program or work-out.
- Do NOT take aspirin or aspirin containing product.
- Do NOT have intercourse.
- Do NOT use sunlamps or tanning beds and avoid excessive exposure to the sun for 4 weeks following this injection.
- You may need to be off work for up to one week.

Date Methotrexate administered: _____

Return to office for follow up blood work:

Day 4 following injection: _____ Appointment Time: _____

Day 7 following injection: _____ Appointment Time: _____

Following the day 7 bloodwork result your blood test will be repeated every week until the result is negative. Your doctor will decide at what point the follow up testing may be discontinued.

Menstrual-like pain and cramping is common after the injection. The use of acetaminophen (Tylenol) or ibuprofen (Advil) is recommended.

It is also common to experience increased vaginal bleeding with clotting as the uterine lining sloughs off. Tampons or pads may be used.

Feel free to call the office with additional questions or concerns.