

# **Stopping Methotrexate when in hospital**

Information for patients, relatives and carers

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## **What will happen on admission?**

When you are admitted to our hospital, we will usually stop your Methotrexate tablets or injections for a short time. If you have brought your methotrexate with you to hospital, the nurse will ask you if someone can take it back to your home.

## **Why do we do this?**

Methotrexate is an excellent medicine to treat inflammation, but it may delay the recovery from some illnesses, particularly infections.

**Will my specialist and GP know?** Yes. All doctors have been informed about this policy

**Will the condition I need Methotrexate for be made worse by stopping it?** No, it is alright to stop Methotrexate temporarily.

## **What happens if I need to be in hospital for a long period?**

The team of doctors looking after you will ask your specialists to review your case and decide if your Methotrexate can be restarted.

## **When I go home when should I restart my Methotrexate?**

Your discharge paperwork should advise you when to restart Methotrexate. However, if you are still recovering from an illness or surgery or you are not sure what to do, you should check with your GP or your specialist team.

## **What dose of methotrexate should I restart on?**

You can restart at your usual dose unless you have been told to do something different by your specialist team or your GP. They may want you to have some extra blood tests after you have restarted.

**What about my folic acid tablets?** There is no need to stop these.

**Who can tell me more about this?** The ward pharmacist and your medical team can give you more information while you are in hospital. Alternatively, you could contact your Specialist Team.

Rheumatology York 01904 721854 / Scarborough 01723 385058

Gastroenterology York 01904 726154 / Scarborough 01723 385334

Dermatology 01904 726625

### **Tell us what you think of this leaflet**

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact: Jayne Knights, Rheumatology, York Hospital, Wigginton Road, York YO31 8HE, telephone 01904 726296 or email [jayne.knights1@nhs.net](mailto:jayne.knights1@nhs.net).

### **Patient Advice and Liaison Service (PALS)**

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email [yhs-tr.patientexperienceteam@nhs.net](mailto:yhs-tr.patientexperienceteam@nhs.net). An answer phone is available out of hours.

### **Teaching, training and research**

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

### **Leaflets in alternative languages or formats**

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website: [www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/](http://www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/)

Owner	Jayne Knights, Rheumatology Pharmacist
Date first issued	September 2013
Review Date	February 2028
Version	4 (issued February 2025)
Approved by	Medicines Policy Group
Document Reference	PIL805 v4

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