



Frequently asked questions about methotrexate

This leaflet answers some of the commonly asked questions from patients taking methotrexate. If you have a question that is not answered or have a concern, please call the Dermatology Clinical Admin Team on 0118 322 8145 or email rbb-tr.cat8@nhs.net.

Can I take over-the-counter painkillers with my methotrexate?

If you require pain relief, paracetamol is safe but please avoid oral anti-inflammatory medicines (also known as NSAIDs, e.g. ibuprofen, naproxen or aspirin) that you can purchase over-the-counter. These medicines may cause toxicity (be harmful) with methotrexate. However, if you have been prescribed NSAIDs by your GP or other hospital doctors, you can take them as they will be aware that you are taking methotrexate and will keep a close eye on your blood results. Topical NSAIDs gels and creams (e.g. Ibuleve®, Voltarol®) **are** safe to use with methotrexate.

If I develop an infection, should I continue with my methotrexate?

If you develop symptoms of an infection (e.g. new cough, shortness of breath or fever), we suggest that you stop your methotrexate while you still have symptoms of the infection or you are on antibiotic treatment. When you feel well again, you should restart your methotrexate.

Always remind the doctor / nurse / pharmacist prescribing your antibiotics that you are taking methotrexate so that they can check for any interactions.

Can I have the Covid-19 vaccine if I take methotrexate?

Yes, but please delay methotrexate for 1 week after the vaccine before resuming your normal dose.

Can I have the annual flu vaccine if I take methotrexate?

Yes, but not on the same day as your methotrexate. Either delay your methotrexate for one day or try to arrange another flu vaccine so you do not have it on the same day as your medication.

Can I have vaccine for shingles if I take methotrexate?

NO, NEVER the live version!!

But you can have the NON-LIVE version which is called SHINGRIX.

If your GP invites you to have the shingles vaccine, make sure you check **beforehand** that they have the NON-LIVE SHINGRIX version. If there is any doubt, **do not have the vaccine as a live version can cause a severe infection.**

Medicines that may interact with methotrexate

This list is not exhaustive. Always remind the doctor / nurse / pharmacist giving you treatment that you are taking methotrexate.

Amoxicillin	Flucloxacillin	Phenoxymethylpenicillin
Ampicillin	Fluorouracil (topical)	Piperacillin
Aspirin (doses above 75mg)	Ibuprofen	Piroxicam
Benzylpenicillin	Lansoprazole	Pivmecillinam
Ciprofloxacin	Leflunomide	Rabeprazole
Co-trimoxazole	Levetiracetam	Temocillin
Dalteparin	Naproxen	Tenoxicam
Enoxaparin	Omeprazole	Tinzaparin
Esomeprazole	Pantoprazole	Trimethoprim

(Reference: British National Formulary. Accessed via <https://bnf.nice.org.uk/interactions/methotrexate/> on 28.02.2025)

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

RBFT Dermatology, April 2025
Next review due: April 2027