

Methotrexate Self – Injection Guide

Methotrexate injections are taken *one day per week*

MTX dosage: Week 1 _____ mg
 Week _____ mg
 Week _____ mg

Required Dosage (mg)	Amount of Methotrexate to put in syringe 25 mg/ml
2.5	0.1 ml
5.0	0.2 ml
7.5	0.3 ml
10	0.4 ml
12.5	0.5 ml
15	0.6 ml
17.5	0.7 ml
20	0.8 ml
22.5	0.9 ml
25	1.0 ml
27.5	1.1 ml
30	1.2 ml

Supplies Needed:

- Methotrexate 25 mg/ml with preservative supplied in a 2 ml or 20 ml vial
- MTX self-injection handbook
- MTX chart (for recording injections & blood work)
- Alcohol swabs
- Sharps container (Cytotoxic material) for syringe disposal
- Syringes: _____ ml
- Needle: _____ inch
 _____ gauge

