8. INITIATION OF METHOTREXATE (ORAL OR SUBCUTANEOUS)

Nurse:

1. Prior to starting therapy, the patient must have a chest x-ray done (#1).
2. At the time of the medication initiation appointment, the patient is to be given:
   - Patient info sheet and instructions for taking the medication (#2 & #3)
   - Bloodwork/lab requisitions:
     - Two follow-up bloodwork requisitions (#4); one to be done at baseline and the next before his/her 14 week follow-up appointment
     - A new start Methotrexate lab to be done every week for 4 weeks (#5), and a monthly standing order for the entire duration of treatment (#6).
     - Fecal calprotectin (#7) or Fecal calprotectin for patients on Humira (#8)– sample to be brought in at 14-week follow-up appointment.
3. Telephone interview (#7) and HBI (#8) or Partial Mayo (#9) to be done at 8 weeks to ensure response, assess for adverse events and review the bloodwork. If there is good response, continue with methotrexate and if not, consult the physician.
4. Send a message to support staff to make a follow-up appointment after 14 weeks.

Support Staff:

1. Arrange clinic follow-up after 14 weeks.
2. Send an email to the patient to ensure that the follow-up bloodwork (#4) and monthly bloodwork (#6) have been completed, and that the fecal calprotectin sample will be brought to the follow-up appointment for drop off.

Physician Guided:

1. If not adequate response, then optimize therapy.

© 2014-2017 IBD Unit www.ibdunit.com
For use by patients and health care practitioners affiliated with the IBD Units, University of Alberta and University of Calgary