



Talking to Your Doctor About Methotrexate

If you're taking methotrexate for rheumatoid arthritis (RA), it's important to let your doctor know how therapy is going. Thinking through these questions may help you share your experiences over the last few months, and help your doctor determine if your medication needs to be adjusted.

1. What symptoms do you typically experience (you can check more than one)?

- Joint pain
- Swollen joints
- Tiredness

2. Rate how you are feeling compared with your last visit

My symptoms are

- Worse
- About the same
- Better

The frequency of my symptoms has

- Increased
- Stayed about the same
- Decreased

Daily activities, such as getting out of bed and getting dressed, are

- Not difficult
- Somewhat difficult
- Very difficult

3. Other than methotrexate, what medications (prescription and over-the-counter) do you take now?

- Pain relievers (such as naproxen)
- Prednisone
- DMARDs
- Biologics

4. How well does your current dose of methotrexate relieve your symptoms?

- Not very well
- Somewhat well
- Very well

5. Are you experiencing any new symptoms or side effects? If so, list them below.

6. Anything else you'd like to discuss with your doctor (new medications, dosing, etc)?

