

17. Is it OK to miss one or more injections (Methotrexate, Gold or Biologic therapies) whilst I am away on holiday?

If you usually attend the injection clinic at the hospital, your GP or practice nurse for your injections, you will have to miss the injection whilst away.

If you have weekly methotrexate injections, it may be possible to have a small supply of tablets prescribed for you to use instead during your holiday. However this will not be an option if you have previously been intolerant of these.

People who regularly self-inject Etanercept (Enbrel) or Adalimumab (Humira) may continue to do so whilst away but need to ensure that refrigeration facilities are available. You should ensure that you will have sufficient supplies of your medication, and sharps bins for disposal of used syringes, prior to departure.

You can request a holiday letter from your consultant's secretary to bring with you while going through customs with your injectable medication.

www.enherts-tr.nhs.uk

