

**9. Why do I need to take folic acid after Methotrexate each week?**

Methotrexate is antagonistic to folate, which is necessary for the production of red and white blood cells.

A synthetic form of folate – Folic acid - is usually given to counteract this, usually prescribed at 5mg x two tablets to be taken three days before your Methotrexate each week.

This can minimise side effects from Methotrexate such as nausea or mouth ulcers. If these are severe you may be advised to take folic acid more frequently, perhaps several times per week.

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