

Zlatal is given as injection under the skin. Treatment of rheumatoid arthritis, juvenile idiopathic arthritis, psoriasis vulgaris and psoriatic arthritis with Zlatal is a long-term treatment.

Rheumatoid arthritis

Generally, improvement of the symptoms can be expected after 4-8 weeks of treatment. Symptoms may return after Zlatal discontinuation.

Severe types of psoriasis vulgaris and psoriatic arthritis (psoriasis arthropatica).

Response to treatment can generally be expected after 2-6 weeks. Depending on the clinical picture and the changes of laboratory parameters, the therapy is then continued or discontinued.

At the start of your treatment, Zlatal may be injected by medical staff. However, your doctor may decide that you can learn how to inject Zlatal yourself. You will receive appropriate training for you to do this. Under no circumstances should you attempt to inject yourself unless you have been trained to do so.

How to give yourself an injection of Zlatal

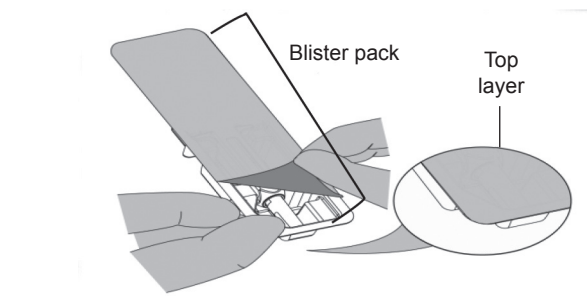
If you have trouble handling the syringe, ask your doctor or pharmacist. Do not try to inject yourself if you have not been trained how to do so. If you are not sure what to do, talk to your doctor or nurse immediately.

Before injecting yourself with Zlatal

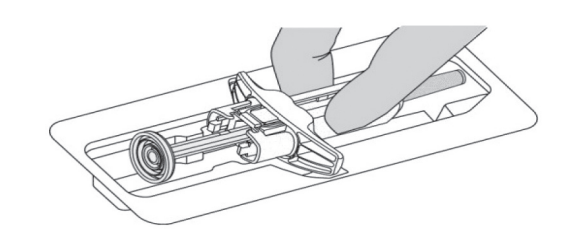
- Check the expiry date on the medicine. Do not use if the date has passed.
- Check the syringe is not damaged and the medicine in it is a clear solution. If not, use another syringe.
- Check your last injection site to see if the last injection caused any redness, change in skin colour, swelling, oozing or is still painful, if so talk to your doctor or nurse.
- Decide where you are going to inject the medicine. Change the place where you inject each time.

Instructions on injecting yourself with Zlatal

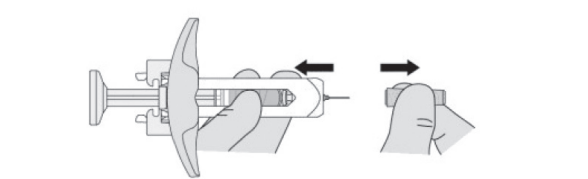
- 1) Wash your hands thoroughly with soap and water.
- 2) Sit or lie in a relaxed, comfortable position. Make sure you can see the skin area you are going to inject.
- 3) The syringe is pre-filled and ready to use. Open the blister pack by peeling back the top layer all the way off the blister pack as shown.



- 4) Precaution: DO NOT lift the product by the plunger or needle cover. Remove the syringe from the box by the body as shown in the picture below.



- 5) Visually inspect the syringe. You should see a yellow fluid through the viewing window. You may see a small air bubble, this does not affect the injection and will not harm you.
- 6) Choose an injection site and disinfect it with the enclosed alcohol swab. It requires 30-60 seconds to be effective. The skin on the front side abdominal wall and the skin at the front of the thigh are suitable as injection sites.
- 7) While holding the body of the syringe, pull the cap off.

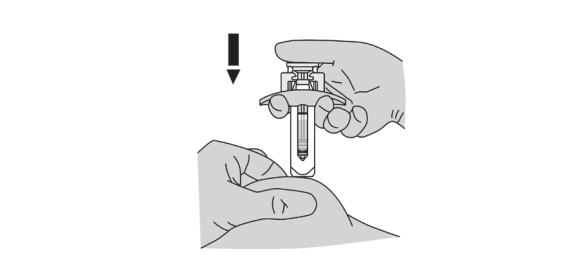


Do not press on the plunger before injecting yourself to get rid of air bubbles. This can lead to a loss of the medicine. Once you have taken the cap off, keep the syringe in your hand. Do not allow the syringe to touch anything else. This is to make sure that the needle stays clean

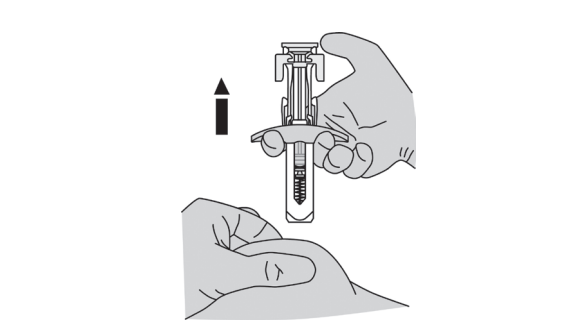
- 8) Hold the syringe in the hand you write with (like a pencil) and with your other hand, make a fold in the skin by gently pinching the skin of the injection place with your forefinger and thumb. **Make sure you hold the skin fold throughout the injection.**

- 9) Move the syringe towards the skin fold (site of injection) with the needle shield pointing directly at the site of injection. Insert the full length of the needle into the skin fold.

- 10) Press down on the plunger with your finger until the syringe is empty. This will send the medication under the skin.



- 11) Remove the needle by pulling it out straight. The safety shield on the syringe will automatically cover the needle to prevent any needlestick injuries. You can now let go of the skin fold.



Note: the safety system allowing release of the safety shield, can only be activated when the syringe has been emptied by pressing the plunger all the way down. **To avoid bruising, do not rub the injection site after you have injected yourself.**

- 12) Discard the used syringe into the sharps bin provided. Close the container lid tightly and place the container out of reach of children. If you accidentally get methotrexate on the surface of the skin or soft tissues you must rinse with plenty of water. **When the container is full, give it to your doctor or home care nurse for disposal. Do not put it in the household rubbish.**

If you use more Zlatal than you should

Follow the dose recommendations of your treating doctor. Do not change the dose of your own accord.

If you suspect that you (or someone else) have used too much Zlatal, please tell your doctor or contact the nearest hospital casualty department immediately. He/ she will decide on any necessary treatment measures, depending on the severity of intoxication. An overdose of methotrexate can lead to severe toxic reactions. Overdose symptoms may include easy bruising or bleeding, unusual weakness, mouth sores, nausea, vomiting, black or bloody stools, coughing up blood or vomit that looks like coffee grounds, and decreased urinating. See also section 4.

Take your medicine package with you if you go to a doctor or hospital. The antidote in case of an overdose is calcium folinate.

If you forget to use Zlatal

Do not take a double dose to make up for a forgotten individual doses, but continue taking the ordered dose. Ask your doctor for advice.

If you stop taking Zlatal

You should not interrupt or discontinue Zlatal treatment, unless you have discussed this with your doctor. If you suspect severe side effects, contact your doctor immediately for advice.

If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

4. Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them. Tell your doctor straight away if you get any sudden wheeziness, difficulty in breathing, swelling of the eyelids, face or lips, rash or itching (especially affecting your whole body).

Serious side effects

If you develop any of the following side effects, contact your doctor immediately:

- lung complaints (symptoms may be general illness; dry, irritating cough; shortness of breath, breathlessness at rest, chest pain, or fever)
- spitting or coughing up blood
- severe peeling or blistering of the skin
- unusual bleeding (including vomiting blood) or bruising
- severe diarrhoea
- ulcers in mouth
- black or tarry stools
- blood in the urine or stools
- tiny red spots on the skin
- fever
- yellowing of the skin (jaundice)
- pain or difficulty in passing urine
- thirst and/or frequent urination
- fits (convulsions)
- loss of consciousness
- blurred or decreased vision

The following side effects have also been reported:

Very common: (affects more than 1 user in 10)

Loss of appetite, nausea (feeling sick), vomiting, tummy pain, inflammation and ulcers in the mouth and throat, and increase in liver enzymes.

Common: (affects 1 to 10 users in 100)

Reduced blood cell formation with decrease in white and/or red blood cells and/or platelets (leukopenia, anaemia, thrombocytopenia), headache, tiredness, drowsiness, inflammation of the lungs (pneumonia) with dry, non-productive cough, shortness of breath and fever, diarrhoea, rash, reddening of the skin, itching.

Uncommon: (affects 1 to 10 users in 1,000)

Decrease in the number of blood cells and platelets, dizziness, confusion, depression, fits, inflammation of blood vessels, lung damage, ulcers and bleeding in the digestive tract, liver disorders, diabetes, decreased blood protein, nettle rash (alone), sunburn-like reactions due to increased sensitivity of the skin to sunlight, brown skin, hair loss, increase of rheumatic nodules, shingles, painful psoriasis, joint or muscle pain, osteoporosis (reduction of bone mass), inflammation and ulcers of the bladder (possibly with blood in the urine), painful urination, severe allergic reactions, inflammation and ulcers of the vagina, slow wound healing.

Rare: (affects 1 to 10 users in 10,000)

Inflammation of the sac around the heart, fluid in the sac around the heart, severe visual disturbance, mood fluctuations, low blood pressure, blood clots, sore throat, interruption of breathing, asthma, inflammation of the digestive tract, bloody stools, inflamed gums, abnormal digestion, acute hepatitis (inflammation of the liver), changed colour of nails, acne, red or purple spots due to vessel bleeding, bone fracture, kidney failure, decrease or absence of urine, electrolyte disturbances, defective sperm formation, menstruation disorders.

Very rare: (affects less than 1 user in 10,000)

Infections, severe failure of the bone marrow, liver failure, swollen glands, sleeplessness, pain, muscle weakness, sensation of numbness or tingling / having less sensitivity to stimulation than normal, changes in sense of taste (metallic taste), inflammation of the lining of the brain causing paralysis or vomiting, red eyes, damage to the retina of the eye, fluid in the lungs, vomiting blood, cold sores, protein in the urine, fever, loss of sex drive, problems having an erection, infection around a fingernail, severe complication of the digestive tract, boils, small blood vessels in the skin, fungal infections, damage to the blood vessels of the skin, vaginal discharge, infertility, male breast enlargement (gynaecomastia), lymphoproliferative disorders (excessive growth of white blood cells).

Frequency not known: (cannot be estimated from the available data)

Certain infections of the brain (Leukoencephalopathy), bleeding from the lungs, bone damage in the jaw (secondary to excessive growth of white blood cells), tissue destruction at injection site, swelling, redness and shedding of skin.

When methotrexate is given by the intramuscular route, local undesirable effects (burning sensation) or damage (formation of sterile abscess, destruction of fatty tissue) at the site of injection can occur commonly. Subcutaneous application of methotrexate is locally well tolerated. Only mild local skin reactions were observed, decreasing during therapy.

Methotrexate may cause a reduction in the number of white blood cells and your resistance to infection may be decreased. If you experience an infection with symptoms such as fever and serious deterioration of your general condition, or fever with local infection symptoms such as sore throat/sore pharynx/sore mouth or urinary problems, you should see your doctor immediately. A blood test will be taken to check for possible reduction of white blood cells (agranulocytosis). It is important to inform your doctor about your medicine.

Methotrexate may cause serious (sometimes life-threatening) side effects. Therefore, your doctor will do tests to check for abnormalities developing in the blood (e.g. low white blood cells, low platelets, lymphoma) and changes in the kidney and the liver.

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard
By reporting side effects you can help provide more information on the safety of this medicine.

5. How to store Zlatal

Keep this medicine out of the sight and reach of children. Store below 25°C.

Keep the syringe in the outer carton in order to protect from light.

Do not freeze.

Do not use this medicine after the expiry date which is stated on the label of the pre-filled syringe and the carton after EXP. The expiry date refers to the last day of that month.

The product has to be used immediately after opening. You must not use Zlatal, if the solution is not clear and contains particles.

For single use only.

Any used solution should be discarded!

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

6. Contents of the pack and other information

What Zlatal contains

- The active substance is methotrexate.
1 ml of solution contains methotrexate corresponding to 25 mg methotrexate.
- The other ingredients are sodium chloride, sodium hydroxide, water for injections

What Zlatal looks like and contents of the pack

Zlatal pre-filled syringes contain a clear, yellow solution. The pre-filled syringes are attached with an injection needle and with a safety device to prevent needlestick injury and reuse.

The following pack sizes are available:

- Pre-filled syringes of 0.3 ml contain 7.5 mg methotrexate.
- Pre-filled syringes of 0.4 ml contain 10 mg methotrexate.
- Pre-filled syringes of 0.5 ml contain 12.5 mg methotrexate.
- Pre-filled syringes of 0.6 ml contain 15 mg methotrexate.
- Pre-filled syringes of 0.7 ml contain 17.5 mg methotrexate.
- Pre-filled syringes of 0.8 ml contain 20 mg methotrexate.
- Pre-filled syringes of 0.9 ml contain 22.5 mg methotrexate.
- Pre-filled syringes of 1.0 ml contain 25 mg methotrexate.

Solution for injection in packs of 1, 4 and 24 pre-filled syringes.

Packs of 1, 4 and 24 pre-filled syringes contain 2, 8 and 48 alcohol swabs, respectively.

Not all pack sizes may be marketed.

Marketing Authorisation Holder

Nordic Group B.V.
Siriusdreef 41
2132WT Hoofddorp
The Netherlands

Manufacturer

Cenexi – Laboratoires Thissen SA
Rue de la Papyree 2-6, Braine-L'Alleud
Brabant Wallon, B-1420
Belgium

This medicinal product is authorised in the Member States of the EEA under the following names:

- Zlatal 7.5 mg, solution for injection in pre-filled syringe
- Zlatal 10 mg, solution for injection in pre-filled syringe
- Zlatal 12.5 mg, solution for injection in pre-filled syringe
- Zlatal 15 mg, solution for injection in pre-filled syringe
- Zlatal 17.5 mg, solution for injection in pre-filled syringe
- Zlatal 20 mg, solution for injection in pre-filled syringe
- Zlatal 22.5 mg, solution for injection in pre-filled syringe
- Zlatal 25 mg, solution for injection in pre-filled syringe

This leaflet was last revised in 11/2025.