

ZOLEDRONIC ACID (for osteoporosis)

zoh-leh-dron-ik ass-id

What does it do?

Zoledronic acid is used to treat osteoporosis (weak bones). It helps to make your bones stronger and less likely to break. It is also sometimes used for other conditions.

Before you start

- Tell your doctor if you have kidney, parathyroid, or dental problems.
- *Zoledronic acid* can cause kidney problems. Your doctor will check how your kidneys are working before your infusion.
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

How is it given?

Zoledronic acid is given as an infusion into a vein over 15 to 30 minutes.

Can you take other medicines?

Some medicines available without a prescription may react with *zoledronic acid* including:

- anti-inflammatories, such as diclofenac (e.g. Voltaren®), ibuprofen (e.g. Nurofen®), or aspirin (e.g. Disprin®, in doses used for pain relief). These can also be found in some cold and flu medicines (e.g. Nurofen Cold and Flu®).

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products or recreational drugs.

What side effects might you notice?

| Side Effects | Recommended action |
|--|--|
| Eye pain, changes in vision | Tell your doctor immediately |
| Joint, muscle or bone aches and pains Stomach upset | Tell your doctor if troublesome |
| Flu-like symptoms (fever, chills, aches and pains) | This usually passes after a few days, take paracetamol if needed |

If you notice any other effects, discuss them with your doctor or pharmacist.

Other information:

- Before you have any dental work, tell your dentist you are taking *zoledronic acid*.