

## **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*.