

RECLAST

PRE-INFUSION INSTRUCTIONS

Reclast (also known as Zoledronic acid) is used to treat bone loss (osteoporosis) in women after menopause. It works by slowing the breakdown of bone and keeping bones strong. It also helps to reduce the risk of broken bones (fractures). This medication belongs to a class of drugs known as bisphosphonates. Another zoledronic acid product called Zometa is used to treat bone problems that may occur with cancer. The 2 products should not be used together.

This medication is given as a single dose by a health care professional. It is given slowly into a vein over at least 15 minutes. Reclast is given once a year.

Eat and drink normally on the day of treatment. Drink at least 2 glasses of fluid before treatment unless otherwise directed by your doctor. It is very important that you get plenty of fluids when you are given this medication.

To minimize the chance of a side effect from Reclast, especially low calcium, it is important that you take calcium and vitamin D supplements at least two weeks before, and continuing at least two weeks after Reclast is given. Tell your doctor immediately if you have any symptoms of low calcium such as numbness/tingling (especially around the lips/mouth) and muscle spasms.

The most common side effect of Reclast include flu-like symptoms, fever, pain in your muscles and joints, and headaches that can occur several days after you get Reclast. A mild pain reliever such as ibuprofen or tylenol will help if you develop these symptoms. Symptoms are most common after your first treatment, and usually go down after your next dose of Reclast. Other side-effects include kidney problems and jaw-bone problems. Your doctor may order a blood test if you have a history of kidney problems, and you should not take Reclast if you plan on having dental surgery several weeks before or after Reclast is given.

Remember, for at least two weeks before and two weeks after Reclast, please take:

- Calcium 1500 mg each day
- 800 IU Vitamin D each day

Please wear a loose-fitting shirt to your appointment.