



## For the Patient: Clodronate Capsules

Other names: BONEFOS®, OSTAC®, CLASTEON®

### BC Cancer Agency

- **Clodronate** (claw-DROE-nate) is a drug that is used to treat the increased amount of calcium in the blood (hypercalcemia) that may occur with some kinds of cancer. It is also used to treat spread of cancer into bones (bone metastases). It is a capsule that you take by mouth.
- Tell your doctor if you have ever had an unusual or **allergic reaction** to alendronate (FOSAMAX®), etidronate (DIDRONEL®, DIDROCAL®), pamidronate (AREDIA®), risedronate (ACTONEL®), or zoledronic acid (ZOMETA®) before taking clodronate.
- It is important to **take** clodronate exactly as directed by your doctor. Make sure you understand the directions.
  - It is important to take clodronate on an **empty stomach** because the amount of clodronate absorbed into the bloodstream is very low and is reduced to nothing in the presence of food, milk, antacids, or minerals such as calcium, iron, magnesium, or aluminum.
  - Whenever possible, take clodronate at least one hour **before** eating. If you must take clodronate after eating, wait at least two hours.
  - Swallow the capsules whole with a glass of water.
- If you **miss a dose** of clodronate, take it as soon as you can if it is within 12 hours of the missed dose. If it is over 12 hours since your missed dose, skip the missed dose and go back to your usual dosing times.
- **Store** clodronate capsules out of the reach of children, at room temperature, away from heat, light and moisture.
- If you are taking clodronate for **increased blood calcium**, other drugs such as corticosteroids (eg, dexamethasone, prednisone), phosphate supplements, vitamin D, calcitonin, and diuretics (eg, furosemide) may **interact** with clodronate. Other drugs such as antacids and estramustine may also **interact** with clodronate. Tell your doctor if you are taking these or any other drugs as you may need extra blood tests or your dose may need to be changed. Antacids and vitamin supplements containing calcium, iron, magnesium or aluminum may reduce the absorption of clodronate into the bloodstream. Take clodronate at least one hour before these products or two hours after these products. Check with your doctor or pharmacist before you start taking any new drugs.
- The **drinking of alcohol** (in small amounts) does not appear to affect the safety or usefulness of clodronate.

- For women: clodronate may harm the baby if used during pregnancy. It is best to use **birth control** while being treated with clodronate. Tell your doctor right away if you become pregnant. Do not breast feed during treatment.
- **Tell** doctors or dentists that you are being treated with clodronate before you receive any treatment from them.

Side effects are listed in the following table in the order in which they may occur. Tips to help manage the side effects are included.

SIDE EFFECTS	MANAGEMENT
<b>Nausea and vomiting</b> may occur during your clodronate treatment. Most people have little or no nausea.	If nausea and vomiting is a problem: <ul style="list-style-type: none"> <li>• Try dividing the clodronate dose in half and take it twice a day.</li> <li>• Drink plenty of liquids.</li> <li>• Eat and drink often in small amounts.</li> <li>• Try the ideas in Food Choices to Control Nausea.</li> </ul>
<b>Diarrhea</b> may occur.	To help diarrhea: <ul style="list-style-type: none"> <li>• Drink plenty of liquids.</li> <li>• Eat and drink often in small amounts.</li> <li>• Eat low fibre foods such as cheese, rice, pasta, white bread, juices, meat, eggs.</li> <li>• Avoid high fibre foods such as bran, whole grain breads and cereals, nuts, fruits and vegetables.</li> <li>• <b>Note:</b> If lactose in milk usually gives you diarrhea and you are taking the BONEFOS® brand, the lactose in the capsule may be causing your diarrhea. Ask your doctor about alternative brands of clodronate. BONEFOS® capsules contain lactose; OSTAC® and CLASTEON® capsules do not contain lactose.</li> </ul>
Problems with the <b>jaw bone</b> may rarely occur.	Refer to patient information handout <b><i>Bisphosphonates and Oral Health.</i></b>

**SEE YOUR DOCTOR AS SOON AS POSSIBLE (DURING OFFICE HOURS) IF YOU HAVE:**

- Signs of **kidney problems** such as lower back or side pain, swelling of feet or lower legs.

