



Provincial Health Services Authority

For the Patient: Clodronate

Other names: BONEFOS®, OSTAC®, CLASTEON®

- **Clodronate** (claw-DROE-nate) is a drug that is used to treat cancer which has spread into the bones (bone metastases). It is also used to treat the increased amount of calcium in the blood (hypercalcemia) that may occur with some kinds of cancer. 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.
- Other drugs such as estramustine (EMCYT®) and antacids (MAALOX®) may **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 or two hours after taking these products. Check with your doctor or pharmacist before you start or stop taking any other drugs.
- If you are taking clodronate for **increased blood calcium**, other drugs such as corticosteroids (e.g., dexamethasone, prednisone), phosphate supplements, vitamin D, calcitonin, and diuretics such as furosemide (LASIX®) may **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. Check with your doctor or pharmacist before you start or stop taking any other 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.
- **Store** clodronate capsules out of the reach of children, at room temperature, away from heat, light and moisture.
- **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
<p>Nausea and vomiting may occur during your clodronate treatment. Most people have little or no nausea.</p>	<p>If nausea and vomiting is a problem:</p> <ul style="list-style-type: none"> • Try dividing the clodronate dose in half and take it twice a day. • Drink plenty of liquids. • Eat and drink often in small amounts. <p>Try the ideas in <i>Practical Tips to Manage Nausea</i>.*</p>
<p>Diarrhea may occur.</p>	<p>If diarrhea is a problem:</p> <ul style="list-style-type: none"> • Drink plenty of fluids. • Eat and drink often in small amounts. • Avoid high fibre foods as outlined in <i>Food Choices to Help Manage Diarrhea</i>.* <p>Note: If lactose in milk usually gives you diarrhea and you are taking the BONEFOS® brand of clodronate, the lactose in the capsule may be causing your diarrhea. Take LACTAID® tablets just before your clodronate dose or ask your doctor about alternative brands of clodronate. OSTAC® and CLASTEON® capsules do not contain lactose.</p>
<p>Problems with the jaw bone may rarely occur.</p>	<p>Refer to patient information handouts <i>Patient Handout - Bisphosphonates and Oral Health</i>.</p>

***Please ask your chemotherapy nurse or pharmacist for a copy.**

