Zoledronic acid (zoe’ le dron ik as’ id) 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 prevent bone loss and to treat cancer which has spread into bones (bone metastases). It is a clear liquid that is injected into a vein.

Tell your doctor if you have ever had an unusual or allergic reaction to zoledronic acid (ZOMETA®, ACLASTA®), pamidronate (AREDIA®), or clodronate (BONEFOS®, OSTAC®, CLASTEON®) before receiving zoledronic acid.

A blood test may be taken before each treatment. The dose and timing of your treatment may be changed based on the test results and/or other side effects.

The drinking of alcohol (in small amounts) does not appear to affect the safety or usefulness of zoledronic acid.

Zoledronic acid may damage sperm and may harm the baby if used during pregnancy. It is best to use birth control while being treated with zoledronic acid. Tell your doctor right away if you or your partner becomes pregnant. Do not breastfeed during treatment.

Tell doctors, dentists, and other health professionals that you are being treated with zoledronic acid 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.

<table>
<thead>
<tr>
<th>SIDE EFFECTS</th>
<th>MANAGEMENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Allergic reactions may rarely occur. Signs of an allergic reaction may include flushing, rash, itching, dizziness, swelling or breathing problems. This can occur immediately or several hours after receiving zoledronic acid.</td>
<td>Tell your nurse if this happens while you are receiving zoledronic acid or contact your oncologist immediately if this happens after you leave the clinic.</td>
</tr>
<tr>
<td>Pain or tenderness may occur where the needle was placed.</td>
<td>Apply cool compresses or soak in cool water for 15-20 minutes several times a day.</td>
</tr>
<tr>
<td>Nausea does not usually occur with zoledronic acid.</td>
<td></td>
</tr>
</tbody>
</table>
### SIDE EFFECTS

<table>
<thead>
<tr>
<th>Side Effect</th>
<th>Management</th>
</tr>
</thead>
<tbody>
<tr>
<td>A flu-like illness may sometimes occur shortly after your treatment. You may have fever, chills, headache, muscle aches, and joint aches. Flu-like symptoms usually disappear on their own.</td>
<td>Take acetaminophen (e.g., TYLENOL®) every 4-6 hours if needed, to a maximum of 4 g (4000 mg) per day.</td>
</tr>
</tbody>
</table>
| Diarrhea may sometimes occur. | If diarrhea is a problem:  
- Drink plenty of fluids.  
- Eat and drink often in small amounts.  
- Avoid high fibre foods as outlined in *Food Ideas to Help Manage Diarrhea.* |
| Constipation may sometimes occur. | • Exercise if you can.  
• Drink plenty of fluids.  
• Try ideas in *Suggestions for Dealing with Constipation.* |
| Problems with the jaw bone may rarely occur. | Refer to patient information handouts:  
*Bisphosphonates and Oral Health* or  
*Bisphosphonates and Oral Health in Multiple Myeloma.* |
| Muscle, joint, or back pain may sometimes occur. | You may take acetaminophen (e.g., TYLENOL®) every 4-6 hours to a maximum of 4 g (4000 mg) per day. Tell your doctor if the pain interferes with your activity. |
| Tiredness and lack of energy may sometimes occur. | • Do not drive a car or operate machinery if you are feeling tired.  
• Try the ideas in *Your Bank to Energy Savings: Helping People with Cancer Handle Fatigue.* |

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

### SEE YOUR DOCTOR OR GET EMERGENCY HELP IMMEDIATELY IF YOU HAVE:

- Signs of an **allergic reaction** (rare) soon after a treatment including dizziness, fast heartbeat, face swelling, or breathing problems.
- Signs of **low blood calcium** such as abdominal cramps, confusion and muscle spasms.
- Signs of **heart problems** such as fast or uneven heartbeat.
- **Pain** in your mouth, teeth, or jaw.
- **Poor healing** of your gums or mouth after a dental procedure.
SEE YOUR DOCTOR AS SOON AS POSSIBLE (DURING OFFICE HOURS) IF YOU HAVE:

- Signs of **anemia** such as unusual tiredness or weakness.
- Signs of **kidney problems** such as lower back or side pain, swelling of feet or lower legs.
- **Numbness or tingling** in feet or hands.
- **Changes in eyesight**, or **eye pain**, or irritation.

CHECK WITH YOUR DOCTOR IF ANY OF THE FOLLOWING CONTINUE OR BOTHER YOU:

- Headache, fever, or pain not controlled with acetaminophen (e.g., TYLENOL®).
- Trouble sleeping, anxiety, agitation, or mood changes.

REPORT ADDITIONAL PROBLEMS TO YOUR DOCTOR

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