

## Zoledronic Acid (Reclast)

---

### About This Drug

Zoledronic acid is used to treat and prevent osteoporosis in postmenopausal women and to increase bone mass in men with osteoporosis. In both men and women, it is used to treat and prevent steroid-induced osteoporosis and treat Paget's disease.

### Possible Side Effects

- Eye inflammation
- Nausea and vomiting (throwing up)
- Diarrhea (loose bowel movements)
- Tiredness
- Fever
- Flu-like symptoms: fever, headache, muscle and joint aches, and fatigue (low energy, feeling weak)
- Bone, joint and muscle pain
- Pain in your extremities (arm and legs)
- Headache

**Note:** Each of the side effects above was reported in 10% or greater of patients treated with zoledronic acid (Reclast). Not all possible side effects are included above.

### Warnings and Precautions

- Changes in your kidney function, which can be life-threatening
- Osteonecrosis of the jaw. This is a breakdown of the jawbone. It is a serious but rare health problem.
- Severe joint, bone and muscle pain
- Risk of hip and femur fractures
- Risk of bronchospasm and difficulty breathing if you are sensitive to aspirin
- Severe low calcium, which may cause numbness or tingling around your mouth or in your hands or feet. Other symptoms of low calcium are muscle stiffness, twitching, spasms, or cramps.

**Note:** Some of the side effects above are very rare. If you have concerns and/or questions, please discuss them with your medical team.

## Important Information

- Do not substitute or take at the same time as Zometa, which is another brand of zoledronic acid.
- You should make sure you get enough calcium and vitamin D while you are taking this drug. Discuss the foods you eat and the vitamins you take with your doctor.

## Treating Side Effects

- Manage tiredness by pacing your activities for the day.
- Be sure to include periods of rest between energy-draining activities.
- Drink plenty of fluids (a minimum of eight glasses per day is recommended). You may need to drink at least two glasses of water before your treatment, please talk to your doctor and/or nurse about it.
- If you throw up or have loose bowel movements, you should drink more fluids so that you do not become dehydrated (lack of water in the body from losing too much fluid).
- To help with nausea and vomiting, eat small, frequent meals instead of three large meals a day. Choose foods and drinks that are at room temperature. Ask your nurse or doctor about other helpful tips and medicine that is available to help stop or lessen these symptoms.
- If you have diarrhea, eat low-fiber foods that are high in protein and calories and avoid foods that can irritate your digestive tracts or lead to cramping.
- Ask your nurse or doctor about medicine that can lessen or stop your diarrhea.
- Keeping your pain under control is important to your well-being. Please tell your doctor or nurse if you are experiencing pain. Get regular exercise, with your doctor's approval. If you feel too tired to exercise vigorously, try taking a short walk.
- Tell your dentist and/or oral surgeon that you are taking this drug. You should not have major dental surgery while on this drug. Talk to your doctor about any dental problems you may have before starting this drug. You may need to see your dentist to have a dental exam and fix any dental problems. Take good care of your teeth. Make sure you see your dentist for regular follow-up appointments.

## Food and Drug Interactions

- There are no known interactions of zoledronic acid (Reclast) with food.
- Check with your doctor or pharmacist about all other prescription medicines and over-the-counter medicines and dietary supplements (vitamins, minerals, herbs, and others) you are taking before starting this medicine as there are known drug interactions with zoledronic acid. Also, check with your doctor or pharmacist before starting any new prescription or over-the-counter medicines, or dietary supplements to make sure that there are no interactions.

## When to Call the Doctor



Call your doctor or nurse if you have any of these symptoms and/or any new or unusual symptoms:

- Fever of 100.4° F (38° C) or higher
- Chills
- Eye irritation, itching, and/or pain
- Headache that does not go away
- Tiredness that interferes with your daily activities
- Feeling dizzy or lightheaded
- Wheezing and/or trouble breathing
- Nausea that stops you from eating or drinking and/or is not relieved by prescribed medicines
- Throwing up more than 3 times a day
- Diarrhea, 4 times a day or diarrhea with lack of strength or a feeling of being dizzy
- Decreased urine, or very dark urine
- Pain that does not go away, or is not relieved by prescribed medicines
- New pain in your hip, groin, or thigh
- Signs of osteonecrosis of the jaw such as pain, swelling or infection of the gums, loose teeth, poor healing of the gums, numbness, or the feeling that your jaw is heavy
- Signs of low calcium such as numbness or tingling around your mouth or in your hands and/or feet, muscle stiffness, twitching, spasms, or cramps
- If you think you may be pregnant

## Reproduction Warnings

- **Pregnancy warning:** This drug may have harmful effects on the unborn baby. Women of child-bearing potential should use effective methods of birth control during your cancer treatment. Let your doctor know right away if you think you may be pregnant.
- **Breastfeeding warning:** It is not known if this drug passes into breast milk. For this reason, women should not breastfeed during treatment because this drug could enter the breast milk and cause harm to a breastfeeding baby.
- **Fertility warning:** Human fertility studies have not been done with this drug. Talk with your doctor or nurse if you plan to have children. Ask for information on sperm or egg banking.

Revised January 2021

