

# Medical Oncology

## Drug Information Sheet

**Pamidronate (Aredia):** A treatment your doctor has ordered for you. It is a medicine used to slow bone damage caused by cancer cells, prevent bone loss from some anti-hormone treatments, or treat high calcium levels in your blood.

**How will you get this drug?** A Cancer Center nurse will give this drug to you through an IV or your port. The infusion will last 2-4 hours.

| What should I avoid while receiving <i>Pamidronate (Aredia)</i> ?  |
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| <ul style="list-style-type: none"> <li>• Talk to you doctor if you are taking medicines that reduce acid in the stomach.               <ul style="list-style-type: none"> <li>○ Omeprazole (Prilosec)</li> <li>○ Lansoparazole (Prevacid)</li> <li>○ Dexlansoprazole (Dexilent)</li> <li>○ Rabeprazole (AcipHex)</li> <li>○ Pantoprazole(Protonix)</li> <li>○ Esomeprazole (Nexium)</li> </ul> </li> <li>• Talk to your doctor before taking nonsteroidal anti-inflammatory medicines               <ul style="list-style-type: none"> <li>○ Ibuprofen (Motrin, Advil)</li> <li>○ Naproxen (Aleve)</li> <li>○ Aspirin</li> <li>○ celecoxib (Celebrex)</li> <li>○ diclofenac (Cambia, Cataflam, Voltaren)</li> </ul> </li> <li>• Consider not taking these medications</li> </ul> |

You **MAY OR MAY NOT** experience the side effects listed below

| Possible Side Effects:                              | What to do:  |
|---|--|
| <b>Lower than normal red blood cells</b><br>Anemia  | Call you doctor if you have: <ul style="list-style-type: none"> <li>○ shortness of breath with activity</li> <li>○ fatigue</li> <li>○ dizziness</li> <li>○ fast heartbeat or a heartbeat that does not feel normal</li> <li>○ headache</li> </ul>  |
| <b>Fatigue or weakness</b>                          | <ul style="list-style-type: none"> <li>• You may be more tired than usual or have less energy.</li> <li>• Stay as active as possible, but know it is okay to rest as needed.</li> <li>• Try to do some activity every day.</li> <li>• Plan your activities, and do them at a time of day when you feel more energetic.</li> <li>• Avoid driving or doing other tasks that call for you to be alert.</li> </ul> |
| <b>Nausea/vomiting</b><br><b>Decreased appetite</b> | <ul style="list-style-type: none"> <li>• Take nausea medicine as instructed. Let your doctor know if it is not working for you.</li> <li>• Eat smaller, frequent meals.</li> <li>• Try liquid nutrition supplements (Boost, Ensure).</li> <li>• A dietitian is available to talk with you.</li> </ul>  |

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|--|---|
| <p><b>Changes in electrolytes and other lab values</b><br/>           Low calcium levels<br/>           Low potassium levels<br/>           Low magnesium levels<br/>           Low phosphorus</p> | <ul style="list-style-type: none"> <li>• Your lab values will be checked.</li> <li>• Your doctor may have you take Calcium (500 mg) and Vitamin D (400 IU) by mouth daily.</li> <li>• Call you doctor if you have:               <ul style="list-style-type: none"> <li>○ muscle pain or weakness</li> <li>○ twitches or cramps of your muscles</li> <li>○ heartbeat that does not feel normal</li> <li>○ very bad upset stomach or throwing up</li> <li>○ Call you doctor if you have signs of low calcium:                   <ul style="list-style-type: none"> <li>○ spasms</li> <li>○ numbness or tingling in your fingers, toes or around your mouth</li> </ul> </li> </ul> </li> <li>• Call you doctor if you have signs of low potassium:               <ul style="list-style-type: none"> <li>○ weakness</li> <li>○ fatigue</li> <li>○ constipation</li> <li>○ Call your doctor if you have signs of low magnesium:                   <ul style="list-style-type: none"> <li>○ mood changes</li> <li>○ confusion</li> <li>○ abnormal eye movements</li> <li>○ seizures</li> <li>○ fatigue</li> <li>○ very bad upset stomach</li> <li>○ throwing up</li> </ul> </li> </ul> </li> <li>• Call your doctor if you have signs of low phosphorus               <ul style="list-style-type: none"> <li>○ Change in mental status</li> <li>○ Bone pain</li> <li>○ Change in appetite</li> </ul> </li> </ul> |
| <p><b>Bone, muscle, joint pain</b></p>   | <p>Use pain prescription as directed. Alert your doctor if the pain is uncontrolled.</p>  |
| <p><b>Breathing problems</b></p>   | <ul style="list-style-type: none"> <li>• Call your doctor right away if you have:               <ul style="list-style-type: none"> <li>○ severe shortness of breath or trouble breathing</li> <li>○ labored and unusually rapid breathing</li> <li>○ new or dry cough or a cough that gets worse</li> <li>○ confusion</li> <li>○ extreme tiredness</li> <li>○ wheezing</li> <li>○ chest pain</li> <li>○ more mucus (sputum). Can be clear, white, yellowish-gray or green in color</li> <li>○ fever of 100.4° or higher</li> <li>○ chills</li> </ul> </li> </ul>  |

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| Possible Side Effects:   | What to do:  |
|--|--|
| <b>Fever/shivering</b>   | <ul style="list-style-type: none"> <li>• Drink caffeine free fluids to stay well hydrated.</li> <li>• Report chills or a fever of 100.4° or higher to your doctor right away, day or night.</li> <li>• Report any signs or symptoms of infection, such as cough, burning with urination, skin redness or sores.</li> <li>• Call your doctor before taking any medicine for a fever or chills.</li> </ul>   |
| <b>If Pamidronate (Aredia) is given for high blood calcium</b>       | <ul style="list-style-type: none"> <li>• Call your doctor if you:               <ul style="list-style-type: none"> <li>○ have nausea/vomiting</li> <li>○ have diarrhea</li> <li>○ have bone pain</li> <li>○ have muscle weakness or twitching</li> <li>○ have feelings of confusion</li> <li>○ have an increase in tiredness</li> <li>○ are more thirsty than normal</li> <li>○ have a poor appetite</li> <li>○ are unable to eat/drink for 24 hours</li> <li>○ pass urine more often than usual</li> <li>○ have a headache</li> </ul> </li> <li>• <b>Do not</b> take extra calcium supplements by mouth.</li> </ul>   |
| <b>Pamidronate (Aredia) will be in urine and stool for 48 hours.</b> | <ul style="list-style-type: none"> <li>• Caregivers will need to handle soiled linens and clothing wearing gloves or using a bag as a barrier.</li> <li>• Keep your soiled items separate from others' dirty laundry and wash right away.</li> <li>• Women who are pregnant should not handle your soiled clothing or linens.</li> <li>• Wash any skin that body waste has touched with soap and water.</li> <li>• You may use the same toilet that you normally use.</li> <li>• If the toilet or toilet seat becomes dirty with urine, stool or vomit, clean the surfaces before other people use the toilet</li> <li>• Wash hands with soap and water after using the toilet.</li> <li>• <b>It is safe to hug and kiss.</b></li> </ul> |
| <b>Avoid pregnancy</b>   | <ul style="list-style-type: none"> <li>• This drug may cause harm to the unborn baby if you take it while you are pregnant. If you are pregnant or you get pregnant while taking this drug, call your doctor right away.</li> <li>• Use birth control that you can trust to prevent pregnancy while taking this drug.</li> <li>• If you or your sex partner gets pregnant while taking this drug, call your doctor right away.</li> </ul>  |

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### Less common side effects that may happen

| Less common side effects  | What to do:   |
|---|---|
| <b>Osteonecrosis of the jaw</b><br>Injury to jaw bone             | <ul style="list-style-type: none"> <li>• You should see your dentist before getting <i>Pamidronate (Aredia)</i>.</li> <li>• It is important to practice good mouth care.</li> <li>• Before you have dental work, call the Cancer Care Center and talk to your treatment team.</li> <li>• Call you doctor if you have:               <ul style="list-style-type: none"> <li>○ any loose teeth</li> <li>○ tooth pain or swelling</li> <li>○ signs of a mouth infection (sores or drainage)</li> <li>○ jaw pain</li> </ul> </li> </ul>   |
| <b>Rare thigh bone Fractures</b>                                  | Call your doctor if you develop new pain in your hip, groin, or thigh.  |
| <b>Changes in kidney function</b>                                 | <ul style="list-style-type: none"> <li>• Kidney function can be affected.</li> <li>• Electrolytes and kidney function will be checked with each visit.</li> <li>• Dose may be held or adjusted if kidney function is decreased.</li> <li>• Talk to you doctor before taking NSAIDs (Ibuprofen, Motrin, Aleve).</li> <li>• To help maintain good kidney function stay well hydrated with water and non-caffeine liquids.</li> <li>• Notify your doctor if you have:               <ul style="list-style-type: none"> <li>○ changes in mood or confusion</li> <li>○ smaller amount of urine than normal</li> <li>○ blood in urine</li> <li>○ swelling in ankles</li> <li>○ trouble emptying your bladder</li> <li>○ weight gain</li> <li>○ painful urination</li> </ul> </li> </ul> |
| <b>Increased risk for infection due to decreased blood counts</b> | <ul style="list-style-type: none"> <li>• Avoid contact with people who have infections, colds or flu.</li> <li>• Wash your hands often.</li> <li>• Report chills or a fever of 100.4° or higher to your doctor right away, day or night.</li> <li>• Report any signs or symptoms of infection, such as cough, burning with urination, skin redness or sores.</li> <li>• Call your doctor before taking any medicine for a fever or chills.</li> </ul>   |

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| Less common side effects   | What to do:  |
|--|--|
| <b>Increased risk for bleeding due to decreased blood counts</b>   | <ul style="list-style-type: none"><li>• Report signs of bleeding or bruising.</li><li>• Avoid taking aspirin or aspirin products unless your doctor tells you to take it.</li><li>• Use soft toothbrush.</li><li>• Use electric razor.</li><li>• Talk to your doctor before any scheduled medical or dental procedures.</li><li>• Call your doctor if you have:<ul style="list-style-type: none"><li>○ Severe headache.</li><li>○ Blood in stools or urine.</li><li>○ Bleeding for a long period.</li><li>○ Uncontrolled bleeding</li><li>○ Bruising</li></ul></li></ul> |
| <b>These are not all of the side effects that may occur. If you have questions about side effects, call your doctor.</b> |  |