

# Medical Oncology

## Drug Information Sheet

**Zoledic Acid (Reclast):** A treatment your doctor has ordered for you. It is a medicine that is used to treat soft brittle bones in patients with osteoporosis.

**How will you get this drug?** A Cancer Center nurse will give this drug to you through an IV or your port.

What should I avoid while receiving <i>Zoledronic Acid (Reclast)</i> ?
<ul style="list-style-type: none"> <li>• Talk to your doctor if you are taking medicines that reduce acid in the stomach.               <ul style="list-style-type: none"> <li>○ Omeprazole (Prilosec)</li> <li>○ Lansoprazole (Prevacid)</li> <li>○ Dexlansoprazole (Dexilent)</li> <li>○ Rabeprazole (AcipHex)</li> <li>○ Pantoprazole(Protonix)</li> <li>○ Esomeprazole (Nexium)</li> </ul> </li> <li>• Consider not using these medicines.</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> </ul>

### Less common side effects that may happen

Less common side effects	What to do:
<b>Osteonecrosis of the jaw</b> Injury to jaw bone	<ul style="list-style-type: none"> <li>• You should see your dentist before getting <i>Zoledronic Acid (Reclast)</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>Bone, muscle, joint pain</b>	<ul style="list-style-type: none"> <li>• Use pain prescription as directed. Inform your doctor if the pain is uncontrolled.</li> </ul>

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<p><b>Serious allergic reactions</b> Up to 24 hours after infusion</p>	<ul style="list-style-type: none"> <li>• Call the nurse right away for unusual feelings, such as:               <ul style="list-style-type: none"> <li>○ hot or flushed face and neck</li> <li>○ fever</li> <li>○ chills</li> <li>○ pain in the abdomen or back</li> <li>○ trouble breathing or wheezing</li> <li>○ chest tightness</li> <li>○ swelling of your face, lips, or tongue</li> <li>○ a rash</li> <li>○ itching</li> <li>○ hives</li> <li>○ cough</li> <li>○ runny or stuffy nose</li> </ul> </li> <li>• Call 911 and go to the Emergency Department right away if you have any symptoms after you return home.</li> </ul>
<p><b>Eye problems</b></p>	<p>Call your doctor right away if you:</p> <ul style="list-style-type: none"> <li>○ have blurred vision, loss of vision or other vision changes.</li> <li>○ see color dots.</li> <li>○ see a halo (seeing blurred outline around objects).</li> <li>○ have eye pain, swelling, or redness of eyes.</li> <li>○ have watery eyes.</li> <li>○ are bothered by bright lights.</li> </ul>
<p><b>Low Calcium levels</b></p>	<ul style="list-style-type: none"> <li>• Your lab work will be checked.</li> <li>• Your doctor may have you take Calcium (500 mg) and Vitamin D (400 IU) two times a day by mouth.</li> <li>• Your doctor may have you see the dietitian.</li> <li>• Your bone density will be checked.</li> <li>• Call your doctor if you have signs of low calcium:               <ul style="list-style-type: none"> <li>○ spasms</li> <li>○ twitches or cramps of your muscles</li> <li>○ numbness or tingling in your fingers, toes or around your mouth</li> </ul> </li> </ul>
<p><b>Flu-like symptoms</b></p>	<ul style="list-style-type: none"> <li>• Fever, chills, nausea, achy muscles and bones may occur following treatment.</li> <li>• Drink non-caffeine fluids to stay well hydrated.</li> <li>• Use pain medicine as prescribed. Call your doctor if the pain is not under control. Do not take Aspirin.</li> <li>• Usually occurs with first treatment only.</li> <li>• Report if flu symptoms persist greater than 2-3 days.</li> </ul>

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<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 changed 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>• Inform 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>Zoledronic Acid (Reclast) 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>
<b>These are not all of the side effects that may occur. If you have questions about side effects, call your doctor.</b>	