

# Zoledronic Acid Discharge Instructions

*What you need to know*

*This handout explains how to take care of yourself after getting a Zoledronic Acid (Reclast) infusion. It includes what to expect, tips to help prevent side effects, and when to follow up with your provider. It also lists possible short-term side effects and when to get help.*

## Your Zoledronic Acid Treatment

Zoledronic Acid (Reclast) is a medicine that decreases the chances of breaking a bone and helps to prevent *osteoporosis* (a condition where bones get weaker). It usually keeps working in your body for about 1 year.

Before getting another infusion (dose) next year, your provider will need to check in with you. Make a follow-up appointment now to see the provider who recommended this medicine for you. This appointment should be about 10 months from your first dose.

Most people get this medicine 1 time a year for 3 years. After three years your doctor will talk with you about the next steps of your treatment plan. They may recommend taking a break from the medicine for a while.



***Zoledronic Acid can help prevent your chances of fracturing (breaking) a bone.***

## After Your Infusion

### Helpful Steps After Your Appointment

- Drink extra fluids today and for the next 4 days to stay hydrated.
- Take 500mg to 650mg of Tylenol (acetaminophen) tonight and again tomorrow morning. This can help lower your chance of getting flu-like symptoms. (see “Possible Side Effects” on page 2)
- Add 500mg more calcium each day for the next 2 weeks. You can do this with food or supplements. This is in addition to the calcium you usually take.
- Keep taking your daily Vitamin D3.

### Dental Safety

- If you need invasive dental work, like a tooth pulled (extraction) or an implant, tell your dentist that you got a Zoledronic Acid infusion. Tell them the date of your dose(s) (infusions).



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## Possible Side Effects

### Flu-Like Reaction

About 1 in 10 people feel flu-like symptoms for 1 to 3 days after the infusion. The most common symptoms are:

- Headache
- Fever, chills, body aches, or feeling very tired
- Pain in your bones, joints, or muscles
- Nausea, vomiting, or diarrhea

### Low Calcium Levels

Sometimes the medicine can temporarily lower the calcium in your blood. Symptoms of low calcium include:

- Muscle spasms or twitches
- Cramps
- Numbness or tingling in your fingers, toes, or around your mouth

If you feel these symptoms, take an extra 500mg of calcium or eat high calcium food like milk, yogurt, or cheese right away. Then contact your doctor or primary care provider.

## When to Get Help Right Away

Zoledronic acid usually does **not** cause allergic reactions. But if you have chest pain or shortness of breath (for any reason), call 911 or go to the nearest emergency room.

### Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

**4-South Special Procedures:**  
Call 206.598.4670 weekdays  
from 7:00 am to 7:00 pm.