



## Zoledronic acid (Zometa®)

("zoe-le-DRON-ik-AS-id")

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**How drug is given:** by vein (IV)

**Purpose:** To prevent bone fractures and decrease pain; it also lowers high amounts of calcium in the blood

### Things that may occur during or within hours of treatment

1. You may have redness or burning where the drug is being given in your vein.
2. You may have a fever, flu-like symptoms, or headache (more likely to occur with the first dose and may occur within the first 3 days after receiving the drug).
3. Bone pain may occur because the drug is working inside your bones. Tylenol® (acetaminophen) or other pain relievers may help.
4. You may feel pain in your joints or muscles. If this bothers you, ask your doctor or nurse what type of drugs you may use to help with this pain.
5. This medicine may reduce the number of healthy red blood cells in your body. This can lead to anemia. Symptoms can begin with tiredness and progress to severe dizziness and shortness of breath. Call your cancer care team right away if you have shortness of breath, a fast heartbeat, dizziness, or confusion.
6. Some patients may feel very tired, also known as fatigue. You may need to rest or take naps more often. Mild to moderate exercise can also be helpful in maintaining your energy.
7. Mild constipation may occur after treatment begins. Please increase your fluid intake and increase fiber in your diet by eating fresh fruits and vegetables. A daily stool softener, such as docusate (Colace®), and/or laxatives, such as senna (Senakot®), may be helpful. If these do not help within 48 hours, tell your doctor or nurse. Do not use bulk-forming laxatives such as Metamucil® without first talking with your doctor or nurse.
8. Rarely, a breakdown of the bone in the jaw (called osteonecrosis) may occur. Please tell your dentist you are taking this drug before you have any dental work done.

*The above information includes some, but not necessarily all, of the possible side effects of this medication. The side effects listed in this teaching sheet may not be the same ones you experience. Your side effects may be different, depending on how often you receive treatment (your schedule) and how much you receive each time (your dosage). Side effects may also vary if you are taking other medications. Please speak with your cancer care team if you have questions about possible side effects you may experience. This document should not take the place of conversations with members of your cancer care team.*

*If you experience any significant change in your health during or after treatment, contact a member of your cancer care team right away.*

THIS SPACE RESERVED FOR WRITTEN COMMENTS OR NOTES FOR THE PATIENT AND FAMILY: