

Subcutaneous Denosumab

What is Osteoporosis?

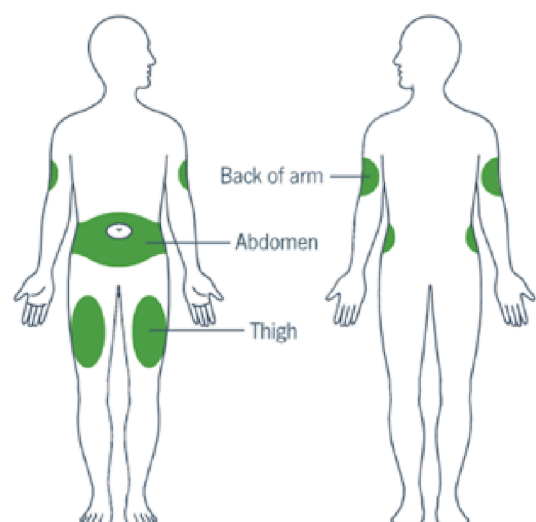
Osteoporosis is a condition where bones become brittle and weak. This occurs when the bone mass is reduced when the bone breakdown is greater than the bone production.

What is Denosumab?

Denosumab is used in the treatment and prevention of osteoporosis by preventing excessive bone breakdown, thereby increasing bone mass.

How is Denosumab given?

- Denosumab is given as a subcutaneous injection. It means that the medication is injected into the fatty tissues under the skin.
- Denosumab is usually given at the upper arm, upper thigh or abdomen.
- It is usually administered once every 6 months.



What do I do if I missed a dose?

Reschedule your appointment to administer the injection as soon as possible by either calling the appointment line at 6363 8000 or via the NHG Cares app.



What are some side effects?

Common side effects include:



- Nausea, vomiting, constipation
- Slight tiredness



- Bone pain
- Muscle pain
- Joint pain

See a doctor immediately if you experience any of the following:

- Excessive muscle cramping
- Giddiness or confusion
- Excessive skin dryness, irritation or sores
- Chest pain or irregular heartbeat
- Fever, pain upon urination
- Gum pain or gum bleeding
- Severe nausea, vomiting or abdominal pain
- Signs and symptoms of allergy: swelling of facial features (eg: eyes, mouth, lips), difficulty breathing, itchy rashes over whole body

What are some precautions that I have to take?



Inform your dentist that you're currently on denosumab. It is important to maintain good oral hygiene and have regular dental check-ups while on denosumab.



Ensure that you are taking sufficient calcium (1000mg/day) and vitamin D (51-70 years old, 600 units/day; Above 70 years old, 800units/day) daily while on denosumab, unless otherwise instructed by your doctor.

Denosumab available under 2 different brands (Prolia®, Xgeva®), with different uses. Do not switch brands unless instructed by your doctor.

Contributed by Pharmacy, Nursing and Department of Geriatric Medicine

This brochure is produced for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek the advice of a qualified healthcare provider before starting any treatment or if you have any questions related to your health or medical condition.

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