

# Intravenous Zoledronate

## 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 Zoledronate?

Zoledronate belongs to a class of medication called Bisphosphonates, which slow down osteoporosis by preventing bone breakdown.

## How is Zoledronate given?

- Zoledronate is given as an intravenous infusion. This means that the medication is injected directly into the veins slowly.
- It is usually administered once a year.

## 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:



- Flu-like symptoms



- Bone pain
- Muscle pain
- Joint pain



- Fever
- Headache



- Pain and redness at injection site



- Nausea
- Vomiting

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

- Eye, lips and throat swelling
- Difficulty in breathing
- Itchy skin rashes over the whole body
- Jaw numbness, gum pain and swelling, loose teeth or teeth pain



## What are some precautions that I have to take?



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



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 zoledronate, unless otherwise instructed by your doctor.



You should be sufficiently hydrated before administration or unless specified by your doctor.

Contributed by Pharmacy, Nursing and Department of Geriatric Medicine

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