

Are There any Special Precautions That I Need to Take?

- It is important to inform your doctor if you intend to conceive or breastfeed while taking this medication.

What Else Can I Do to Help My Condition?

Exercise

- Light exercise is recommended as it helps to improve mobility, balance and even emotional well-being. Avoid strenuous exercise, and rest when you are feeling tired.

Stay positive

- Understand your condition and take an active role in managing it. Do not be afraid to talk about it with your doctor/ pharmacist/ family members. Repressed feelings can be harmful to your immediate well-being and long- term health.

Adequate hydration

- Maintain adequate hydration with 2 to 3 litres (8 to 12 cups) of fluids per day unless informed by your doctor to restrict fluids. This will decrease your chances of getting constipation and also prevent dehydration.

Medical and dental treatment

- Always inform your dentist / doctor that you are on bisphosphonate injections.

If you have any problem with your treatment, please contact your doctor, pharmacist or nurse clinician.

PHARMACY

Drug Information

Bisphosphonate Injections



What are Bisphosphonate Injections?

- Bisphosphonate injections are used to treat high blood levels of calcium caused by cancer or reduce bone loss which may occur in certain types of cancer. It can also be used to prevent bone-related events (e.g. bone fractures, bone pain) in patients with bone metastases.
- Examples of bisphosphonate injections are Pamidronate and Zoledronic acid (Zometa®, Aclasta ®) injections.

How are Bisphosphonate Injections Administered?

- Bisphosphonate injections are administered slowly into a vein (intravenous).

Can Bisphosphonate Injections be Administered With Other Medications?

- Please inform your doctor or pharmacist if you are taking other medications, including Traditional Chinese Medicines, Jamu medicines or supplements.

What are the Important Side Effects of Bisphosphonate Injections?

- Medications prescribed by your doctor should be beneficial for your condition even though they may result in some inevitable side effects.

Inform the nurses immediately during infusion of bisphosphonate injections if you experience the following:

Allergic reaction

- Bisphosphonate injections may rarely cause an allergic reaction while it's being given. Signs of a reaction can include: skin rash, flushing, shortness of breath, swelling of your face or lips, dizziness, having pain in your stomach, back or chest, or feeling unwell.

Side Effect	Management
Muscle aches and joint pain	<ul style="list-style-type: none">• Mild pain can be relieved by taking Paracetamol (Panadol ®). Inform your doctor if pain is not controlled by Paracetamol (Panadol ®).• Taking regular warm baths may also help.
Flu-like symptoms (fever, headache, fatigue)	<ul style="list-style-type: none">• Symptoms can be relieved by taking Paracetamol (Panadol ®).
Muscle cramps, spasm and twitches, numbness and tingling of fingers and toes, seizures.	<ul style="list-style-type: none">• These may be signs of low calcium in your blood. Inform your doctor immediately if you experience such symptoms.
New or unusual pain in groin, hip or thigh	<ul style="list-style-type: none">• Inform your doctor immediately if you experience such symptoms.
Loose teeth, pain or swelling in jaw, mouth sores	<ul style="list-style-type: none">• Before receiving treatment, inform your doctor if you have problems with your teeth / gum. Maintain good oral hygiene while on treatment with bisphosphonates.• Inform your doctor and dentist immediately if you experience such symptoms.

If you develop rashes, facial swelling or shortness of breath after taking the medication, you could be allergic to the medication. Please seek medical attention immediately.