

Zoledronic Acid (Aclasta®) Infusion

PATIENT INFORMATION SHEET

Your doctor has recommended an Aclasta® infusion to treat your osteoporosis. This treatment helps to strengthen bones and reduce the risk of further fractures. You will have the infusion once a year for 3 to 5 years.

The infusion is given via a drip in your arm. It usually takes about 20 minutes, but the whole process will take up to 1 hour.

Adequate levels of calcium and Vitamin D are important to ensure the full benefit of Aclasta®. Your doctor will tell you if you need to take calcium and/or vitamin D supplements to boost your levels before the Aclasta® infusion.

Your doctor will assess your bone health yearly, and decide when your infusions will stop.

Side effects

Most people will not experience any side effects. If side effects do occur these will usually be within three days of the infusion. They may include:

- muscle pain
- flu-like symptoms
- headache
- nausea
- joint pain
- fever
- lethargy

These side effects are usually mild to moderate and will be less frequent with the next infusion.

To minimise or help prevent side effects with Aclasta®:

- Drink at least one to two glasses of fluid (water, milk, juice) before and after the infusion. This will help to prevent dehydration.
- Take regular paracetamol for 36 hours after the infusion to reduce aches and pains.
- If you have ongoing pain take an anti-inflammatory medication such as ibuprofen.

If you have side effects that concern you go to your local doctor or nearest Emergency Department.

Infusion appointment

The Medical Day Unit will contact you about an appointment time and date. Please request a Monday or Tuesday for your infusion. This is so our team are available to answer any questions or concerns you may have after your infusion.

At your Endocrinologist consultation, your doctor will give you a prescription for Aclasta®. Take the prescription to your local pharmacist before your appointment date. The medication may take a few days to be available. Please keep the Aclasta® in a cool place in your home. It does not need to be stored in the fridge.

You will need to take the medication to the Medical Day Unit on the day of the infusion.

If you have any questions please call:

Osteoporosis Re-fracture Prevention Service
Phone: 4356 9300 or Mobile: 0434 323 230
Monday–Friday: 8am – 4.30pm

Adapted from:

Australian product information, Novartis Pharmaceuticals Australia Pty Limited - Aclasta® (Zoledronic acid) June 2019

Acknowledgement: Royal Osteoporosis Society

This written information is to support the discussions held with your healthcare provider