

## Zoledronic Acid (Zometa)

---

### About This Medicine

Zoledronic acid (Zometa) is used to treat high levels of calcium in the blood (hypercalcemia), and in the treatment of multiple myeloma and/or bone lesions from the spread of cancer (bone metastases). It may also be used for other conditions; talk to your doctor if you have any questions. It is given in the vein (IV).

### Possible Side Effects

- Decrease in the number of red blood cells. This may make you feel more tired.
- Nausea and vomiting (throwing up)
- Constipation (not able to move bowels)
- Fever
- Tiredness
- Bone pain
- Trouble breathing

**Note:** Each of the side effects above was reported in greater than 25% of patients treated with zoledronic acid (Zometa). All possible side effects are not included. Your side effects may be different depending on your cancer diagnosis, condition, or if you are receiving other medicines in combination. Please discuss any concerns or questions with your medical team.

### Warnings and Precautions

- Changes in kidney function
- Osteonecrosis of the jaw. This is a breakdown of the jawbone. It is a serious but rare health problem.
- Severe joint, bone and muscle pain
- Risk of hip and femur fractures
- Risk of wheezing and trouble breathing if you are sensitive to aspirin
- Decreased level of calcium in your blood

**Note:** Some of the side effects above are very rare. If you have concerns and/or questions, please discuss them with your medical team.

## Important Information

- Do not substitute or take at the same time as Reclast, which is another brand of zoledronic acid.
- You should make sure you get enough calcium and vitamin D while you are taking this medicine. Discuss the foods you eat and the vitamins you take with your doctor.

## Treating Side Effects

- Manage tiredness by pacing your activities for the day.
- Be sure to include periods of rest between energy-draining activities.
- Get regular exercise, with your doctor's approval. If you feel too tired to exercise vigorously, try taking a short walk.
- Drink enough fluids to keep your urine pale yellow.
- If you throw up, you should drink more fluids so that you do not become dehydrated (lack of water in the body from losing too much fluid).
- To help with nausea and vomiting, eat small, frequent meals instead of three large meals a day. Choose foods and drinks that are at room temperature. Ask your nurse or doctor about other helpful tips and medicine that is available to help stop or lessen these symptoms.
- Ask your doctor or nurse about medicines that are available to help stop or lessen constipation.
- If you are not able to move your bowels, check with your doctor or nurse before you use enemas, laxatives, or suppositories.
- Keeping your pain under control is important to your well-being. Please tell your doctor or nurse if you are experiencing pain.
- Tell your dentist and/or oral surgeon that you are taking this medicine. You should not have major dental surgery while on this medicine. Talk to your doctor about any dental problems you may have before starting this medicine. You may need to see your dentist to have a dental exam and fix any dental problems before starting this medicine. Take good care of your teeth. Make sure you see your dentist for regular follow-up appointments.

## Food and Medicine Interactions

- There are no known interactions of zoledronic acid (Zometa) with food.
- Check with your doctor or pharmacist about all other prescription medicines and over-the-counter medicines and dietary supplements (vitamins, minerals, herbs, and others) you are taking before starting this medicine as there are known medicine interactions with zoledronic acid (Zometa). Also, check with your doctor or pharmacist before starting any new prescription or over-the-counter medicines, or dietary supplements to make sure that there are no interactions.

## When to Call the Doctor



Call your doctor or nurse if you have any of these symptoms and/or any new or unusual symptoms:

- Fever of 100.4° F (38° C) or higher
- Chills
- Tiredness and/or weakness that interferes with your daily activities
- Feeling dizzy or lightheaded
- Wheezing and/or trouble breathing
- Nausea that stops you from eating or drinking and/or is not relieved by prescribed medicines
- Throwing up more than 3 times a day
- No bowel movement in 3 days or when you feel uncomfortable
- Decreased or very dark urine
- Pain that does not go away, or is not relieved by prescribed medicines
- New pain in your hip, groin, or thigh
- Signs of osteonecrosis of the jaw such as pain, swelling or infection of the gums, loose teeth, poor healing of the gums, numbness, or the feeling that your jaw is heavy
- Signs of low calcium such as numbness or tingling around your mouth or in your hands and/or feet, muscle stiffness, twitching, spasms, or cramps
- If you think you may be pregnant

## Reproduction Warnings

- **Pregnancy warning:** This medicine may have harmful effects on the unborn baby. For this reason, women of childbearing potential should use effective methods of birth control during and after your cancer treatment. Let your doctor know right away if you think you may be pregnant.
- **Breastfeeding warning:** It is not known if this medicine passes into breast milk. For this reason, women should not breastfeed during and after treatment because this medicine could enter the breast milk and cause harm to a breastfeeding baby.
- **Fertility warning:** In women, this medicine may affect your ability to have children in the future. Talk with your doctor or nurse if you plan to have children. Ask for information on egg banking.

Reviewed March 2024

