

## Pamidronate disodium

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### About This Medicine

Pamidronate disodium is used to prevent and treat bone problems due to bone metastasis from cancer. It is also used to treat high calcium levels due to cancer. It is given in the vein (IV).

### Possible Side Effects

- Decrease in red blood cells. This may make you feel more tired.
- Nausea and vomiting (throwing up)
- Pain in your abdomen
- Constipation (unable to move your bowels)
- Diarrhea (loose bowel movements)
- Decreased appetite (decreased hunger)
- Fever
- Tiredness
- Swelling of the hands, feet, or any other part of the body. Fluid may build-up around your lungs.
- Infusion site reaction - you may get a rash, swelling or bruising or your skin may get red, warm, itchy or painful at the site of your infusion
- Urinary tract infection
- Headache
- Trouble breathing
- Cough
- Electrolyte changes
- High blood pressure

**Note:** 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 your kidney function
- Osteonecrosis of the jaw. This is a breakdown of the jawbone. It is a serious but rare health problem.
- Risk of femur fractures



- Bone, muscle and/or joint pain
- Decreased levels of calcium in your blood, which can be severe

**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

- Take calcium and vitamin D supplements as your doctor recommends to decrease your risk of low calcium.

## 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 or have diarrhea, 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.
- If you have diarrhea, eat low-fiber foods that are high in protein and calories and avoid foods that can irritate your digestive tracts or lead to cramping.
- If you are not able to move your bowels, check with your doctor or nurse before you use enemas, laxatives, or suppositories.
- Ask your doctor or nurse about medicines that are available to help stop or lessen constipation and/or diarrhea.
- To help with decreased appetite, eat small, frequent meals. Eat foods high in calories and protein, such as meat, poultry, fish, dry beans, tofu, eggs, nuts, milk, yogurt, cheese, ice cream, pudding, and nutritional supplements.
- Consider using sauces and spices to increase taste. Daily exercise, with your doctor's approval, may increase your appetite.
- 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.
- While you are getting this medicine, please tell your nurse right away if you get a rash, swelling or bruising or your skin gets red, warm, itchy or painful at the site of your infusion.



## Food and Medicine Interactions

- There are no known interactions of pamidronate disodium with food.
- This medicine may interact with other medicines. Tell your doctor and pharmacist about all the prescription and over-the-counter medicines and dietary supplements (vitamins, minerals, herbs, and others) that you are taking at this time. 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
- Headache that does not go away
- Blurry vision or other changes in eyesight
- Tiredness and/or extreme weakness that interferes with your daily activities
- Feeling dizzy or lightheaded
- Cough that is bothersome
- 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
- Diarrhea, 4 times in one day or diarrhea with lack of strength or a feeling of being dizzy
- No bowel movement in 3 days or when you feel uncomfortable
- Pain in your abdomen that does not go away
- Lasting loss of appetite or rapid weight loss of five pounds in a week
- Decreased or very dark urine
- Pain that does not go away, or is not relieved by prescribed medicines
- Swelling of the hands, feet, or any other part of the body
- Weight gain of 5 pounds in one week (fluid retention)
- New pain in your hip, groin or thigh
- Signs of a urinary tract infection such as burning or pain when you pass urine, difficulty urinating, smelly and/or cloudy urine, pain in your lower abdomen or lower/side of your back.
- 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, be sure to talk with your doctor if you are pregnant or planning to become pregnant while receiving this medicine. 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 talk to their doctor about the risks and benefits of breastfeeding during treatment with this medicine because this medicine may enter the breast milk and cause harm to a breastfeeding baby.
- **Fertility warning:** Fertility studies have not been done with this medicine. Talk with your doctor or nurse if you plan to have children.

Revised November 2023

