

**Neuromuscular Services**

**Zoledronate Treatment**

This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child's treatment.

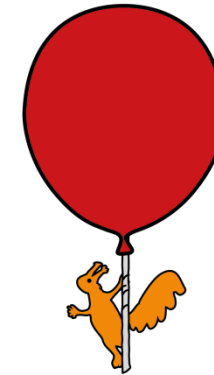
This information can be made available in other languages and formats if requested

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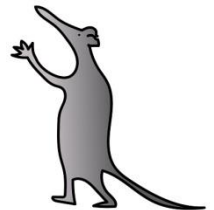
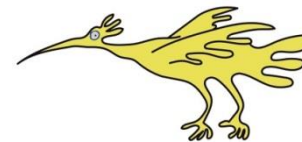
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**Information for patients,  
parents and carers**



This leaflet aims to provide information about Zoledronate treatment including what Zoledronate is, how it works, and the benefits of the treatment for your child.

### What is Zoledronate?

- Zoledronate belongs to a group of medicines called bisphosphonates
- It is a medicine that is used in the treatment of osteoporosis to reduce the risk of broken bones
- Zoledronate is also known as Zoledronic Acid

### How does Zoledronate work?

Zoledronate works by attaching to the bone and slowing down the bone loss seen in osteoporosis (thinning of the bones). The goal of the treatment is to increase the density of the bones of the body, including the vertebrae in the spine. Increasing the density of bones puts you at less risk for a fracture.

### How will Zoledronate be given?

The medication is given as a 1-hour long infusion through a cannula (plastic tube) inserted into a vein. Anaesthetic cream can be applied to the area to prevent any pain or discomfort before the cannula is inserted.

Zoledronate is given in a hospital setting and will require an overnight stay for the first infusion. Future infusions can be given on the Medical Day Case Unit.

The first two infusions will be given 3 months apart, then every 6 months.

### What should I do before my Zoledronate treatment?

It is important that your child has adequate calcium and vitamin D whilst receiving Zoledronate. A few weeks prior to receiving Zoledronate we will ask you to bring your child to have their blood checked to ensure their kidneys are functioning correctly and that their calcium and vitamin D levels are adequate. If levels are low, we will provide your

child with supplements to take before the infusion is given. It is important your child is drinking well before the infusion.

### What are the side effects of treatment?

**Flu-like symptoms including a high temperature, aches/pains and vomiting** - Many children have a “flu like” reaction 24-48hrs following the first infusion. Your child may develop a temperature, have achy joints, become unsettled and generally appear “under the weather” for a few days. Paracetamol will be prescribed to bring their temperature down and make them feel more comfortable. This side effect is usually milder with following infusions.

**Low calcium levels** – Calcium levels tend to drop following the infusion. This usually causes no symptoms, and we will give your child calcium supplements in the form of dispersible tablets for a few days. However, in very rare circumstances, it can cause your child to have a small rise in blood pressure and shakiness or tingling in their hands. If this happens at home after an infusion you should take your child to be seen at your local hospital.

We will also provide your child with some medication to take at home following the infusion and will instruct you when to give these on discharge from the hospital.

### How long will my child need treatment for?

Children usually receive 6-8 infusions given over a period of 3 years. However, this may vary with each child.

### For further information

Please telephone the Neuromuscular Nurse Specialists on:

**07966 308 957**

Monday- Friday 08:30 – 17:00