

For the Patient: BRAJZOL5

Treatment of Breast Cancer in Post-menopausal Women
(including women with chemically induced menopause)
using Zoledronic Acid

BR = BReast

AJ = AdJuvant

ZOL = ZOLedronic Acid

5 = 5 years of treatment

ABOUT THIS MEDICATION

What is this drug used for?

- Zoledronic acid (zoe' le dron ik as' id) may be used as part of anticancer treatment to prevent breast cancer from coming back or spreading to the bones. It is a clear liquid that is injected into the vein.

How does this drug work?

- Zoledronic acid works by attaching itself to bone cells and slows down the rate of bone change.

TREATMENT SUMMARY

How is this drug given?

- Your treatment will be given once every 6 months for a total of 5 years.
- For each cycle, you will be given the medication directly into the vein, intravenously (IV).
- Zoledronic acid is usually started after completion of a chemotherapy treatment course.

What will happen when I get my drugs?

- A blood test will be taken before the start of treatment and before each treatment. The dose and timing of your treatment may be changed based on the test results and/or other side effects.

INSTRUCTIONS FOR THE PATIENT:

- Tell your doctor if you have ever had an unusual or **allergic reaction** to zoledronic acid (ZOMETA®, ACLASTA®), pamidronate (AREDIA®), or clodronate (BONEFOS®, OSTAC®, CLASTEON®) before receiving zoledronic acid.
- The **drinking of alcohol** (in small amounts) does not appear to affect the safety or usefulness of zoledronic acid.
- Zoledronic acid may damage sperm and may harm the baby if used during pregnancy. It is best to use **birth control** while being treated with zoledronic acid. Tell your doctor right away if you or your partner becomes pregnant. Do not breastfeed during treatment.

- **Tell** doctors, dentists, and other health professionals that you are being treated with zoledronic acid before you receive any treatment from them.
- Rarely, zoledronic acid causes **problems with the jawbone** (osteonecrosis of the jaw). It is very important to see your dentist on a regular basis for dental care and practice careful dental hygiene to help prevent this complication. You will need to have a dental examination before starting zoledronic acid to assess the need for extractions or dental surgery. For more information, refer to the [Bisphosphonates and Oral Health](#) patient information handout.
- You may be asked to take oral supplements of calcium and Vitamin D (unless your calcium level is already high). To see recommended amounts, refer to [Oncology Nutrition Preventing Osteoporosis](#) patient information handout.

Medication Interactions:

- Other drugs may **interact** with zoledronic acid. Check with your doctor or pharmacist before you start or stop taking any other drugs.

SIDE EFFECTS AND WHAT TO DO ABOUT THEM

Your doctor will review the risks of treatment and possible side effects with you before starting treatment.

Side effects that can occur with zoledronic acid are listed in the following table. Tips to help manage the side effects are included.

SIDE EFFECTS	MANAGEMENT
<p>Allergic reactions may rarely occur. Signs of an allergic reaction may include flushing, rash, itching, dizziness, swelling or breathing problems. This can occur immediately or several hours after receiving zoledronic acid.</p>	<p>Tell your nurse if this happens while you are receiving zoledronic acid or contact your oncologist immediately if this happens after you leave the clinic.</p>
<p>Pain or tenderness may occur where the needle was placed.</p>	<p>Apply cool compresses or soak in cool water for 15-20 minutes several times a day.</p>
<p>Nausea does not usually occur with zoledronic acid.</p>	
<p>A flu-like illness may sometimes occur shortly after your treatment. You may have fever, chills, headache, muscle aches, and joint aches. Flu-like symptoms usually disappear on their own.</p>	<ul style="list-style-type: none"> • Take acetaminophen (e.g., TYLENOL®) every 4-6 hours if needed, to a maximum of 4 g (4000 mg) per day.

SIDE EFFECTS	MANAGEMENT
<p>Diarrhea may sometimes occur. If you have diarrhea and it is not controlled, you can quickly become dehydrated.</p>	<p>If diarrhea is a problem:</p> <ul style="list-style-type: none"> • Drink plenty of fluids. • Eat and drink often in small amounts. • Avoid high fibre foods as outlined in <i>Food Choices to Help Manage Diarrhea</i>.* <p>Tell your healthcare team if you have diarrhea for more than 24 hours.</p>
<p>Constipation may sometimes occur.</p>	<ul style="list-style-type: none"> • Exercise if you can. • Drink plenty of fluids. • Try ideas in <i>Food Choices to Manage Constipation</i>.*
<p>Problems with the jawbone may rarely occur.</p>	<p>Refer to patient information handouts: <i>Bisphosphonates and Oral Health</i>*.</p>
<p>Muscle, joint, or back pain may sometimes occur.</p>	<p>You may take acetaminophen (e.g., TYLENOL®) every 4-6 hours to a maximum of 4 g (4000 mg) per day or ibuprofen (e.g., ADVIL®) for mild to moderate pain. Tell your healthcare team if the pain interferes with your activity.</p>
<p>Tiredness and lack of energy may sometimes occur.</p>	<ul style="list-style-type: none"> • Do not drive a car or operate machinery if you are feeling tired. • Try the ideas in <i>Fatigue/Tiredness – Patient Handout</i> or <i>Your Bank to Energy Savings: Helping People with Cancer Handle Fatigue</i>.*

*Please ask a member of your healthcare team for a copy.

THE FOLLOWING INFORMATION IS VERY IMPORTANT

CHECK WITH YOUR HEALTHCARE TEAM OR GET EMERGENCY HELP IMMEDIATELY IF YOU HAVE:

- Signs of an **allergic reaction** (rare) soon after a treatment including dizziness, fast heartbeat, face swelling, or breathing problems.
- Signs of **low blood calcium** such as abdominal cramps, confusion and muscle spasms.
- Signs of **heart problems** such as fast or uneven heartbeat.
- **Pain** in your mouth, teeth, or jaw.
- **Poor healing** of your gums or mouth after a dental procedure.

CHECK WITH YOUR HEALTHCARE TEAM AS SOON AS POSSIBLE (DURING OFFICE HOURS) IF YOU HAVE:

- Signs of **anemia** such as unusual tiredness or weakness.
- Signs of **kidney problems** such as lower back or side pain, swelling of feet or lower legs.
- **Numbness or tingling** in feet or hands.
- **Changes in eyesight**, or **eye pain**, or irritation.

CHECK WITH YOUR HEALTHCARE TEAM IF ANY OF THE FOLLOWING CONTINUE OR BOTHER YOU:

- Headache, fever, or pain not controlled with acetaminophen (e.g., **TYLENOL®**).
- Trouble sleeping, anxiety, agitation, or mood changes.

If you experience symptoms or changes in your body that have not been described above but worry you, or if any symptoms are severe, contact _____ at telephone number _____