The importance of a healthy lifestyle
A healthy lifestyle plays an important part in maintaining strong bones. There are things that you can do to help in keeping your bones as strong as possible.

- A healthy diet is very important in maintaining strong bones. Calcium and vitamin D supplementation are recommended in conjunction with Aclasta®.
- Vitamin D is important in the absorption of calcium from the diet. Sunlight helps the body to make vitamin D. As little as 15 minutes of natural light can have a beneficial effect.
- Physical activity, especially weight bearing exercise such as walking, are important in keeping the bones and surrounding muscles strong and healthy.
- Smoking and alcohol intake can impact on bone status. Stopping smoking and moderating alcohol intake can have a beneficial effect on bone health.

Where can I find out more about Osteoporosis?
Find out more information on osteoporosis from the Irish Osteoporosis Society at www.irishosteoporosis.ie

Allergic reactions have been reported including rare cases of difficulty breathing, hives and angioedema (such as swollen face, tongue or throat). There have been isolated reports of very serious allergic reactions.

Kidney disorder (e.g. decreased urine output), has been seen in patients receiving Aclasta®.

Unusual fracture of the thigh bone particularly in patients on long-term treatment for osteoporosis may occur rarely. Contact your doctor if you experience pain, weakness or discomfort in your thigh, hip or groin as this may be an early indication of a possible fracture of the thigh bone.

This is not a complete list of side effects. Read your patient information leaflet, and if you have questions about side effects you should talk to your doctor. If any of the side effects become serious, or if you notice any side effects not listed in the leaflet, please tell your doctor, pharmacist or nurse.

➤ Will Aclasta® affect my ability to drive?
Adverse reactions, such as dizziness, may affect the ability to drive or use machines, though no studies on this effect with Aclasta® have been performed.
What should I tell my doctor before I receive Aclasta®?
Before you receive Aclasta® it is important to tell your doctor:
- If you are being treated with Zometa, which contains the same active substance as Aclasta®.
- If you have a history of kidney problems, since your kidneys must be functioning well to remove the Aclasta® that your bones do not need.
- If you have had some or all of your parathyroid glands in your neck removed.
- If you have had sections of your intestines removed.
- If you had or have pain, swelling or numbness of the jaw or loosening of the teeth.
- If you are taking any other medicines, including prescription and non-prescription medicines, herbal remedies and vitamins.

You must not receive Aclasta®
- If you are allergic to Aclasta®, any of its ingredients or any bisphosphonates.
- If your blood calcium levels are too low.
- If you have severe kidney problems.
- If you are pregnant, plan to become pregnant or are breastfeeding.

What is Aclasta®?
Aclasta® is a medicine for the treatment of people with osteoporosis who are at increased risk of fracture. It belongs to a group of medicines called bisphosphonates. The active substance is called zoledronic acid. Aclasta® also contains the following inactive ingredients: mannitol, sodium citrate and water.

How does Aclasta® work?
Aclasta® works by attaching to bone, preventing it from breaking down too much and protecting it from further breakdown. Your doctor can check that Aclasta® is working by carrying out a test called ‘non-invasive bone mineral density assessment’. This test may be a type of X-ray or an ultrasound scan.

How will I receive Aclasta®?
The usual dose of Aclasta® is 5 mg given as an intravenous infusion (drip into a vein). It is given by a doctor or nurse. Each infusion will last at least 15 minutes. If you have any questions regarding the infusion, ask your doctor or nurse.

How often do I need an infusion of Aclasta®?
Aclasta® is given once a year.

Where will I receive Aclasta®?
You may receive treatment at your doctor’s office or they may refer you to a special infusion centre. This is part of a hospital where infusions are given for various diseases. Patients do not usually have to stay overnight at these centres.

What should I do before I get my Aclasta®?
It is important to drink plenty of fluids (at least one or two glasses) before your infusion of Aclasta®. This will help to prevent you getting dehydrated.

You may eat normally on the day you are treated with Aclasta®.

What can I expect after my infusion of Aclasta®?
As with all medicines, some people may have side effects when they receive Aclasta®. People taking Aclasta® can experience side effects such as:
- Flu-like symptoms, such as fever and chills.
- Pain in the muscles, bones or joints.
- Headache.

Most of these side effects occur within the first three days following the infusion of Aclasta®. They are usually mild or moderate and tend to go away within three days of the event onset. Your doctor can recommend a mild painkiller such as paracetamol or ibuprofen to manage these side effects. The chance of experiencing these side effects decreases with subsequent doses of Aclasta®. If the symptoms do not go away or get worse, you should speak to your doctor.

Irregular heart rhythm has been seen in patients receiving Aclasta® for post menopausal osteoporosis. It is currently unclear whether Aclasta® causes this. If you experience palpitations, feel dizzy, or become breathless, tell your doctor.

Pain in the mouth, teeth and jaw, swelling of sores inside the mouth, numbness or a feeling of heaviness in the jaw, or loosening of a tooth have been seen in patients treated with Aclasta®. These could be signs of bone damage in the jaw (osteonecrosis). If you experience these symptoms, tell your doctor or dentist.

Low blood calcium level is a possible side effect of bisphosphonates and can be improved by taking enough calcium in the diet or by taking calcium and vitamin D supplements.