

SIDE EFFECTS TO WATCH FOR ON DRUGS FOR BONE HEALTH

You may be taking a drug for your bones, like zoledronic acid, pamidronate, or denosumab. These drugs can be used to treat high calcium levels, prevent broken bones, or prevent cancer from spreading to your bones. **Note: these drugs are NOT chemotherapy.**

Drugs for bone health may lead to side effects in different areas of your body. The side effects below are listed in order of importance for people taking drugs for bone health.

Call your healthcare team if you have ANY side effects from the list below.

On weekdays from 8:30am to 4pm:
Grand River Regional Cancer Centre:
519-749-4380

After 4pm, on a weekend or a holiday:
CareChart Digital Health:
1-877-681-3057

If you are feeling very unwell, go to an Emergency Department near you.

- Jaw problems: Teeth, mouth or jaw pain, swelling of gums, loose teeth, feeling of numbness or heaviness in the jaw, poor healing of gums after dental work, discharge (pus) from gums, or any dental infection, mouth sores that do not heal
- **Severe** bone, joint, and/or muscle pain
- Flu-like symptoms: sore, achy muscles and joints; low-grade fever **between 37.5°C (99.5°F) and 38.3°C (100.3°F)**; **Note: If you are on chemotherapy or immunotherapy follow the fever guidelines for these treatments**
- Kidney problems: change in the amount or colour of pee, lower back or side pain, less desire to eat, or unusual weight gain
- **Allergic reaction (during or within hours of getting the drug):** sudden or severe rash, swollen lips, face or tongue, chest, and throat tightness
- Swollen, hot, tender, or red area **at injection site, especially with fever**
- Pain, weakness, or discomfort in the thigh, hip, or groin

- Muscle twitching, stiffness, weakness, or cramping
- **Changes** in your heartbeat (e.g. feeling like your heart is racing) or **new chest pain** - **go straight to an Emergency Department near you**
- **New confusion** (not thinking clearly; changes in normal way of speaking or answering questions; odd behaviour)

Use this resource for your information only. It does not replace medical advice from your doctor or other healthcare professionals.

