



DR. JACKIE THOMSON INC.

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# BONDRONAT PATIENT INFORMATION LEAFLET

HE-I-010

## KEEP ALL MEDICINE OUT OF THE SIGHT AND REACH OF CHILDREN

### Bondronat

#### What is Bondronat?

Bondronat is a type of bisphosphonate. Doctors use it to try to prevent bone problems in people whose cancer has weakened the bone. It is most commonly used to treat breast cancer that has spread to the bone (secondary breast cancer).

You may also have Bondronat to treat high levels of calcium in the blood (hypercalcaemia) caused by secondary bone cancer.

#### How you have Bondronat

##### Into your vein by drip

Bondronat can go into your bloodstream as a drip (infusion). You have the drip either  
For 1 to 2 hours, as a one off treatment to lower the calcium levels in your blood, or  
For 15 minutes, every 3 to 4 weeks as a treatment to prevent or reduce bone damage

#### Calcium and vitamin D

For Bondronat to work well you need to have good levels of vitamin D and calcium in your body. If you cannot take in enough vitamin D and calcium in your diet, your doctor will prescribe vitamin D and calcium supplements for you.

#### Tests during treatment

You have blood tests before starting treatment and regularly during your treatment. The tests check the level of calcium in your blood. They also check how well your liver and kidneys are working.

#### About side effects

You may have a few side effects. They may be mild or more severe. A side effect may get better or worse through your course of treatment. Or more side effects may develop as the course goes on. This depends on

- How many times you've had the drug before
- Your general health
- The amount of the drug you have (the dose)
- How you have the drug (whether by drip or as a tablet)

The side effects may be different if you are having Bondronat with other drugs.

Tell your doctor or nurse straight away if any of the side effects get severe.

#### Common side effects

More than 10 in every 100 people have one or more of these.

- A high temperature (fever)
- Low levels of calcium in your blood (hypocalcaemia) – you will have blood tests to check the levels of calcium and other minerals such as potassium, phosphate and magnesium. Usually, the blood test picks up any imbalance before you have any symptoms. A low calcium level can cause changes in sensation so you may have tingling or burning in your lips and tongue
- Lowered sensitivity of the skin
- Headaches or dizziness
- Bone pain when you first start treatment – you may need stronger painkillers until the pain improves
- Flu like symptoms, including chills, headaches and aching muscles can occur when taking ibandronic acid tablets – this doesn't usually last for more than a couple of days
- Redness and pain at the injection site
- Inflammation of the bladder or vagina – let your doctor or nurse know if you have any soreness, pain or difficulty when passing urine
- Non cancerous lumps in the skin
- Difficulty sleeping (insomnia)
- Mood changes
- Smell changes, such as smelling odours that are not present

The information in this leaflet should not be construed as medical advice.  
Please consult with your physician regarding your medical decisions and treatment



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- Muscle tension
- Tooth problems
- Sensation of your heart beating fast (palpitations)
- Liver changes that are very mild and unlikely to cause symptoms – they will almost certainly go back to normal when treatment is finished

### Rare side effects

Fewer than 1 in 100 people have these.

- Kidney changes – you will have regular blood tests to check how well your kidneys are working
- Damage to the jaw bone (osteonecrosis) can be a side effect of taking bisphosphonates for longer than a year – **have a dental check up before you start treatment and tell your dentist that you are having ibandronic acid. Ask your doctor or specialist nurse to advise you about how to keep your mouth clean**
- Inflammation of the eye – tell your doctor or nurse if you have sore or red eyes

### Important points to remember

Talk to your doctor, pharmacist or nurse about all your side effects so they can help you manage them. They can give you advice or reassure you. Your nurse will give you a contact number to ring if you have any questions or problems. If in doubt, call them.

### Other medicines

Tell your doctor about any other medicines you are taking, including vitamins, herbal supplements and over the counter remedies. Some drugs can react together.

### Pregnancy and contraception

This drug may harm a baby developing in the womb. It is important not to become pregnant or father a child while you are having treatment with this drug and for a few months afterwards. Talk to your doctor or nurse about effective contraception before starting treatment.

### Breastfeeding

Do not breastfeed during this treatment because the drug may come through in the breast milk.

### Lactose and Bondronat

Bondronat tablets contain lactose (a type of sugar). Tell your doctor if you have a rare hereditary syndrome that causes lactose intolerance.