

Getting Ready for Your Child’s Zoledronic Acid (Reclast, Zometa) Infusion

Your child will need to stay overnight (23-hour stay) for the first infusion of zoledronic acid. After that, your child will have outpatient treatments every 6 months.

To get ready for each treatment your child will take certain medicines for 7 days before.

1. Vitamin D _____ units daily.
2. Calcium supplement _____ mg, three times daily.

The Day of the Infusion

- Your child will have an IV placed and will have labs drawn.
- We will give your child Tylenol® and/or ibuprofen before the treatment, every 6 hours in the hospital and the first day at home.
- The infusion is given through the IV over about 1 hour.
- During the first treatment your child will likely have flu-like symptoms such as fever, chills, muscle aches, body aches, joint or bone pain, or headaches. These symptoms may last 1-2 days. Your child will not likely have these symptoms for future treatments.

Between Infusions

Your child will need labs drawn at your local clinic every 3 months. Your doctor will order a bone density scan to watch the effects of the medicine and to see if your child has bone pain or a broken bone.

Future Visits

Your child will have treatments every 6 months. A nephrology provider will see your child during follow-up treatments. Each year, your child will also have a follow-up visit in the pediatric bone clinic.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person’s health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 2/2020 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#7935.