

ZOMETA PATIENT INFORMATION SHEET

Your doctor has decided that, along with treatment for your prostate cancer, you will also benefit from treatment with Zometa.

Chronic LHRH therapy (Lupron / Zolodex) has been recently shown to increase the incidence of osteoporosis (bone weakening). Zometa may reduce or delay bone problems, such as fractures and pressure on the spinal cord. Zometa can also help patients who already have experienced bone complications. Zometa is not chemotherapy and may be used with other cancer treatments, such as radiation, hormonal therapy, or chemotherapy.

Zometa is in the class of drugs called bisphosphonates. Bisphosphonates do the following:

- Work against the abnormal cells that cause the wearing away, or resorption, of bone.
- Help slow the abnormal buildup of unstable bone.

ZOMETA is convenient "outpatient" therapy. An intravenous infusion of ZOMETA is given every 3 months in the office. Prior to each infusion, your doctor will routinely do blood tests to monitor your kidney function and will closely watch your response to ZOMETA. The infusion will take at least 15 minutes once prepared.

While you are receiving ZOMETA, it is important to take the following supplements once a day:

- **Multiple vitamin with 400 IU vitamin D**
- **Oral calcium supplement of 500 mg**

INFORM YOUR DENTIST THAT YOU ARE RECEIVING ZOMETA INFUSIONS

Important safety information

You may experience the following side effects while receiving Zometa. These adverse events were usually mild and transient. Your doctor can recommend a mild pain reliever to make you more comfortable.

- Flu-like symptoms
- Fever
- Fatigue
- Nausea and or vomiting
- Bone discomfort
- Headache
- Shortness of breath
- Lack of appetite

In some cases, Zometa and other bisphosphonates have been known to cause kidney damage. Prior to each infusion, your doctor will routinely do blood tests to monitor your kidney function. If you have any kidney problems, your doctor may determine that Zometa should not be given. Patient with severe kidney problems should not receive Zometa

Zometa should be used in caution in patients with aspirin-sensitive asthma.

It is important to keep up with your fluid intake while on Zometa therapy.

Be sure to drink plenty of water or other fluids while on Zometa therapy. (Especially 2-3 days before & after your next infusion)