



## Zoledronic Acid Treatment

Zoledronic acid (Reclast) treatment is often prescribed to improve bone health, particularly in individuals with Osteoporosis or Osteopenia. Zoledronic acid, also known as Reclast, is a medication from a drug class called bisphosphonates, which works by slowing down the rate at which bone is broken down in the body, allowing the bone-forming cells to work more effectively and maintain bone density.

It is given as an infusion in the vein once a year typically for 3-5 years. Zoledronic Acid offers a convenient and potent option for preventing fractures and maintaining skeletal strength.

### What to do Before Your Infusion

- Stay well-hydrated – drink at least 2 glasses of water before and after your infusion.
- Take acetaminophen (Tylenol) – take a dose before your infusion, then another every 6 hours for the next 24 hours as needed to ease fever, muscle aches, or flu-like symptoms.
- Let your provider know if you are receiving any other bone health medications
- Maintain good oral health — a dental exam before starting Zoledronic acid can help reduce rare jaw issues.



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