



## DOCTOR'S INFORMATION GUIDE

### Zoledronic acid Seacross 5mg/100ml solution for infusion

This information is part of the Risk Management Plan (RMP) for Zoledronic acid Seacross 5mg/100ml solution for infusion (hereafter refers as Zoledronic acid Seacross 5mg/100ml), and aims at minimisation of identified and potential therapy-related risks in order to optimize the benefit/risk balance. For complete information read the registered Summary of Product Characteristics of Zoledronic acid Seacross 5 mg/100ml before you prescribe Zoledronic acid Seacross 5mg/100ml.

#### Indications

Treatment of osteoporosis

- in post-menopausal women
- in men

at increased risk of fracture, including those with a recent low-trauma hip fracture.

Treatment of osteoporosis associated with long-term systemic glucocorticoid therapy

- in post-menopausal women
- in men

at increased risk of fracture.

Treatment of Paget's disease of the bone in adults

#### Administration

Zoledronic acid Seacross 5mg/100ml is administered once a year as an intravenous infusion. A single dose of Zoledronic acid Seacross 5mg/100ml must not be exceed 5 mg and the infusion time must not be less than 15 minutes.

The optimal duration of bisphosphonate treatment for osteoporosis has not been established. The need for continued treatment should be re-evaluated periodically based on the benefits and potential risks of Zoledronic acid Seacross 5mg/100ml on an individual patient basis, particularly after 5 or more years of use.

#### Contraindications

- Pregnancy and breast-feeding, because of possible teratogenicity
- Patients with hypocalcaemia
- Hypersensitivity to zoledronic acid, to any of the excipients, or to bisphosphonates
- Severe renal impairment with creatinine clearance <35 ml/min

#### Precautions for use

- The following precautions should be taken into account to minimise the risk of renal adverse reactions:
  - Creatinine clearance should be calculated based on

actual body weight using the Cockcroft-Gault formula before each zoledronic acid dose.

-Transient increase in serum creatinine may be greater in patients with underlying impaired renal function.

-Monitoring of serum creatinine should be considered in at-risk patients.

-Zoledronic acid Seacross 5mg/100ml should be used with caution when concomitantly used with other medicinal products that could impact renal function

-Patients, especially elderly patients and those receiving diuretic therapy, should be appropriately hydrated prior to administration of Zoledronic acid Seacross 5mg/100ml.

-A single dose of Zoledronic acid Seacross 5mg/100ml should not exceed 5 mg and the duration of infusion should be at least 15 minutes.

- Zoledronic acid Seacross 5mg/100ml is not recommended in women of childbearing potential.
- The inhibitory effect of Zoledronic acid Seacross 5mg/100ml on the osteoclast-mediated bone resorption may lead to a symptomatic hypocalcaemia. In order to prevent this, an adequate intake of calcium and vitamin D is recommended.
- In patients with a recent low-trauma hip fracture, a loading dose of 50,000 to 125,000 IU of vitamin D given orally or via the intramuscular route is recommended prior to the first Zoledronic acid Seacross 5mg/100ml infusion.
- Pre-existing hypocalcaemia must be treated by adequate intake of calcium and vitamin D before initiating therapy with Zoledronic acid Seacross 5mg/100ml. Other disturbances of mineral metabolism must also be effectively treated (e.g. diminished parathyroid reserve, intestinal calcium malabsorption). Physicians should consider clinical monitoring for these patients.

#### Recommendations

- A healthy lifestyle contributes considerably to keeping the bones strong. Patients should be informed about measures they can take to keep their bones as strong as possible.
- A healthy diet is very important in keeping the bones strong. Patients should be informed about the advantages of a healthy diet. Calcium and vitamin D supplements are recommended.
- Vitamin D is important for the uptake of calcium from food. Light helps the body to generate vitamin D. Only 15 minutes of natural direct light on the skin may already have a beneficial effect.
- Exercise, especially weight-carrying exercise such as walking, is of vital importance to keep the bones and the attached muscles strong and healthy.
- Smoking and drinking alcohol may have an impact on the condition of the bones. If you quit smoking and limit the

amount of alcohol you drink, this may have a positive effect on bone health.

#### Side effects

The majority of the side effects of Zoledronic acid Seacross 5mg/100ml are mild to moderate in nature and occur within the first three days after administration. Patients need be informed about the symptoms that are frequently observed after administration of an intravenous bisphosphonate. These include flu-like symptoms such as fever, myalgia, flu-like syndrome, headache and arthralgia. These symptoms can easily be treated with mild analgetics such as paracetamol and NSAID's.

Atypical subtrochanteric and diaphyseal femoral fractures have been reported with bisphosphonate therapy, primarily in patients receiving long-term treatment for osteoporosis. These fractures occur after minimal or no trauma. These fractures occur after minimal or no trauma and some patients experience thigh or groin pain, often associated with imaging features of stress fractures, weeks to months before presenting with a completed femoral fracture. Discontinuation of bisphosphonate therapy in patients suspected to have an atypical femur fracture should be considered pending evaluation of the patient, based on an individual benefit risk assessment.

During bisphosphonate treatment patients should be advised to report any thigh, hip or groin pain.

Any patient presenting with such symptoms should be evaluated for an incomplete femur fracture.

#### Reporting of suspected adverse reactions

Reporting suspected adverse reactions after authorisation of the medicinal product is important. It allows continued monitoring of the benefit/risk balance of the medicinal product. Healthcare professionals are asked to report any suspected adverse reactions via the Yellow Card Scheme at: [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard) or search for MHRA Yellow Card in the Google Play or Apple App Store.

All patients should be provided with educational material and be counselled about key signs and symptoms of serious adverse reactions and when to seek attention from a healthcare provider.

A copy of the Summary of Product Characteristics for Zoledronic acid Seacross 5mg/100ml is available on the EMC website [www.medicines.org.uk](http://www.medicines.org.uk).