



## Ibandronic Acid (Bondronat)

Ibandronic acid is a bisphosphonate. This treatment works by attaching itself to bone and slowing down the rate of bone change. There are two types of bone cells: osteoclasts which break down old bone and osteoblasts which build up new bone. This treatment helps to ensure the balance of these cells is right and bone stays healthy.

Some types of cancer can increase the rate of bone change. This can cause a number of problems such as:

- bone pain
- fractures
- release of too much calcium into the blood stream (this is called tumour induced hypercalcaemia)

### Your treatment

Your doctor or nurse clinician has prescribed ibandronic acid for you.

The treatment will be an oral tablet (by mouth) at a dose of 50mg once a day.

This treatment can have serious or possibly life-threatening side effects. It is very important that you report side effects straight away. Don't delay, if you feel unwell, please ring The Christie Hotline on 0161 446 3658. The lines are open 24 hours a day.

### How to take your medication

- Take your tablet in the morning, after an overnight fast (at least 6 hours) and before the first food or drink of the day.
- Take the tablet with a full glass of plain water only. Do not take your ibandronic acid with any drink other than plain water.
- Do not chew, suck or allow the tablet to dissolve in your mouth.
- After taking your tablet, wait at least 30 minutes before taking your first food, drink or other medication of the day.
- Remain in an upright position (sitting or standing) while taking the tablet and remain upright for 60 minutes after taking the tablet. This will allow time for it to reach your stomach.
- It is important to keep taking ibandronic acid for as long as your doctor prescribes the treatment. It can help your condition only if you continue to take the tablets as directed by your doctor.

## Possible side effects

This treatment can cause many different side effects. Some are more likely to occur than others. Everyone is different and not everyone gets all the side effects. Most side effects are usually temporary, but in some rare cases they can be life-threatening. It is important to tell your hospital doctor or nurse about any side effects so they can be monitored and, where possible, treated.

### Common side effects (more than 1 in 100)

- **Indigestion and altered taste**

Some people may have mild symptoms of indigestion, such as acid reflux or heart burn. You may also have a strange taste and/or dry mouth. It is important to tell your doctor or nurse if you have these symptoms, so they can give you the appropriate medication if necessary.

### Uncommon side effects (less than 1 in 10)

- **Nausea and vomiting**

The severity of this varies from person to person but most people do not have a problem with nausea and vomiting. If you do have these symptoms please tell your doctor or nurse. They can give you anti-sickness medication to take at home.

- **Skin reactions**

A skin reaction is not very common. Some people may develop a rash and itching. If this happens please tell your doctor or nurse.

- **Changes in kidney function**

We will monitor your blood during treatment with ibandronic acid. This is to ensure that you are receiving the correct dose and that your blood counts are normal. It also helps to check your kidney function.

The levels of calcium and phosphate in your blood may become low. Your doctor will monitor this and can offer you treatment if this happens.

### Rare side effects (less than 1 in 100)

- **Anaemia (low number of red blood cells)**

While having this treatment you may become anaemic. This may make you feel tired and breathless. Let your doctor or nurse know if these symptoms are a problem. You may need a blood transfusion.



- **Osteo-necrosis of the jaw**

Very occasionally, a rare side effect can occur with ibandronic acid, when there is necrosis (a loss of bone) or a breakdown of the jaw bone. It is called osteo-necrosis of the jaw and can be a serious condition. Some of the symptoms are:

- pain, swelling or infection of the gums
- loosening of the teeth
- poor healing of the gums
- numbness or feeling of heaviness in the jaw

**If you have any of the symptoms listed above or any other dental problems tell your Christie doctor immediately.**

### **What you should do.....**

We strongly recommend that you have a dental examination with your dentist before you start treatment with ibandronic acid. If you need any dental work, this must be done **before** you start this treatment.

### **If you need any dental treatment while taking Ibandronic Acid**

While you are having treatment, you should try to avoid invasive dental procedures such as having teeth removed. If you do have to have teeth removed **while you are having treatment** with ibandronic acid **or soon after finishing treatment**, it is important to discuss this with your Christie doctor first. He or she may be able to refer you to an oral surgeon at the hospital rather than to your local dentist.

### **Dental health**

Try to keep your mouth clean and healthy at all times. You can continue to see your dentist for your normal, regular check ups and cleaning (but not treatment). You can also see your dental hygienist. Show them this leaflet, as it is important that the dentist and dental hygienist know that you are taking Ibandronic Acid.

### **Late side effects**

Some side effects may become evident only after a number of years. The potential benefit you receive from treatment should outweigh the risks of serious long term side effects to the kidneys and jaw. If any of these problems specifically applies to you, the doctor will discuss these with you.

### **Contacts**

If you have any general questions or concerns about your treatment, please ring the area where you are having treatment:

- Administration enquiries                      0161 918 7606/7610
- Chemotherapy nurse:                            0161 918 7171
- Clinical trials unit                                0161 918 7663

For advice ring The Christie Hotline on 0161 446 3658 (24 hours)

Your consultant is: .....

Your hospital number is: .....

Your key worker is: .....

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Details of the sources used are available, please contact [Patient.Information@christie.nhs.uk](mailto:Patient.Information@christie.nhs.uk)