

RECLAST INSTRUCTIONS

INSTRUCTIONS PRE-INFUSION:

1. You may eat normally before receiving your infusion.
2. Drink two (2) glasses of fluids, such as water, within a few hours before receiving Reclast to help prevent kidney problems
3. You may take Tylenol one (1) tablet with each meal:
 - a. The day **before** your infusion
 - b. The day **of** your infusion
 - c. The day **after** your infusionThis will help reduce possible side effects, which are most commonly flu-like symptoms, muscle/joint pain, headache, and/or fever.
4. If you are taking a Diuretic, hold the diuretic:
 - a. the day **before** the infusion
 - b. the day **of** your infusion

INSTRUCTIONS POST INFUSION:

1. **Contact your physician, if you develop:**
 - a. **severe bone, joint or muscle pain**
 - b. **numbness**
 - c. **tingling, or**
 - d. **muscle spasms.**
2. Continue to take Calcium and Vitamin D supplements.

Remember, Reclast is an annual infusion. We will mail you a reminder letter one month before your annual infusion is due, asking you to make an appointment with your physician to discuss receiving Reclast again, and if appropriate, to schedule your infusion. This will also allow enough time for you to have the required lab work completed prior to receiving the infusion.

Reminder: Reclast infusion should be scheduled 1 year and a day from the previous infusion date for insurance/Medicare purposes.