Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:
MES, The York Hospital, Wigginton Road, York, YO31 8HE, telephone 01904 721062 or email MESpatientenquiries@york.nhs.uk.

Teaching, training & research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Aclasta
(Zoledronic acid)

Information for patients, relatives and carers

For more information contact:
Medical Elective Services (MES)
The York Hospital
Wigginton Road, York, YO31 8HE
Telephone: 01904 721062
MESpatientenquiries@york.nhs.uk

Caring with pride
Information about Aclasta

Aclasta is from a group of drugs called Bisphosphonates.

These are bone strengthening drugs which help to prevent calcium from leaking out of the bones. It also helps to strengthen your bones and reduce pain.

Prior to attending the Medical Elective Services (MES) you are required to have a blood sample taken and a form should be enclosed for this purpose.

Your Aclasta will be given by the Nurses on MES.

Once you have been admitted a cannula will be inserted into a vein in your arm. The Aclasta will be infused through this over 15 to 30 minutes. A saline flush is then administered post infusion.

Common side effects

Common side effects reported include flu-like symptoms which could last up to two days.

You may also experience worsening bone pain at the start of treatment. This should improve after a few days. If the pain persists contact your doctor.

You can eat and drink as normal throughout the infusion.

Following a short observation period your cannula will be removed and you will be discharged home.

A nurse will give you any further appointments you may require on MES.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email pals@york.nhs.uk. An answer phone is available out of hours.