

Pamidronate

Care Team Contact Information: _____

Pharmacy Contact Information: _____

Diagnosis: _____

- This treatment is often used
 - For bone growth
 - To treat or prevent bone loss in patients getting certain treatments for cancer
 - To prevent bone fractures in patients with cancer that has spread to the bones
 - To treat high calcium levels in patients with cancer
- It may also be used for other reasons.

Goal of Treatment: _____

- Treatment may continue for a certain time period, until it no longer works, or until side effects are no longer controlled.

Treatment Regimen

Treatment Name	How the Treatment Works	How the Treatment is Given
Pamidronate (puh-MIH-droh-nayt): Aredia (uh-REH-dee-uh)	Slows down cells that help break down bones, which slows down bone loss and makes your bones stronger.	Infusion given into a vein.

Treatment Administration and Schedule: Treatment is typically given every 3 or 4 weeks. Talk with your care team about your treatment schedule.

Appointments: Appointments may include regular check-ups with your care team, treatment appointments, lab visits, and imaging tests. It's important to keep your appointments whenever you can. If you miss any appointments, call your care provider as soon as possible to reschedule your appointment.

Supportive Care to Prevent and Treat Side Effects

Description	Supportive Care Taken at Home
To help prevent low levels of calcium in the blood (calcium and vitamin D supplements)	<hr/> <hr/>

Common Side Effects

Side Effect	Important Information
Nausea and Vomiting	<p>Description: Nausea is an uncomfortable feeling in your stomach or the need to throw up. This may or may not cause vomiting.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Eat smaller, more frequent meals. • Avoid fatty, fried, spicy, or highly sweet foods. • Eat bland foods at room temperature and drink clear liquids. • If you vomit, start with small amounts of water, broth, or other clear liquids when you are ready to eat again. If that stays down, then try soft foods (such as gelatin, plain cornstarch pudding, yogurt, strained soup, or strained cooked cereal). Slowly work up to eating solid food. • Your care team may prescribe medicine for these symptoms. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Vomiting for more than 24 hours • Vomiting that's nonstop • Signs of dehydration (like feeling very thirsty, having a dry mouth, feeling dizzy, or having dark urine) • Blood or coffee-ground-like appearance in your vomit • Bad stomach pain that doesn't go away after vomiting
Fatigue	<p>Description: Fatigue is a constant and sometimes strong feeling of tiredness.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Routine exercise has been shown to decrease levels of fatigue. Work with your care team to find the right type of exercise for you. • Ask your family and friends for help with daily tasks and emotional support. • Try healthy ways to feel better, like meditation, writing in a journal, doing yoga, and using guided imagery to lower anxiety and feel good. • Make a regular sleep schedule and limit naps during the day so you can sleep better at night, aiming for 7 to 8 hours of sleep. • Don't use heavy machines or do things that need your full attention if you're very tired to avoid accidents. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Tiredness that affects your daily life • Tiredness all the time, and it doesn't get better with rest • Dizziness and weakness, along with being tired

Select Rare Side Effects

Side Effect	Talk to Your Care Team if You Have Any of These Signs or Symptoms	
Low Blood Calcium	<p>Make sure you get enough calcium and vitamin D to help prevent or treat low calcium levels. It's recommended to have 1,000 mg of calcium and at least 400 units of vitamin D daily. If you aren't getting enough from your food, consider taking supplements to help meet these needs.</p> <ul style="list-style-type: none"> Muscle cramps or spasms Seizures Numbness and tingling 	
Osteonecrosis of the Jaw (ONJ)	<p>ONJ is a rare but serious condition where the bone cells in your jaw die, causing the jawbone to stick out through an opening in your gums. Since blood can't get to the exposed part, more of the bone dies. Your care team may recommend that you see your dentist before starting therapy.</p> <ul style="list-style-type: none"> Jaw swelling or pain Mouth sores Loose teeth or toothache Pus-like discharge in your gums and mouth 	
Bone Fracture	<ul style="list-style-type: none"> Sharp pain that worsens with movement Swelling or bruising around the broken bone 	<ul style="list-style-type: none"> Difficulty moving or bearing weight on the injured area Limb that looks crooked, bent, or shorter than the other side
Muscle and Joint Pain	<ul style="list-style-type: none"> Muscle or joint pain and swelling Weakness 	<ul style="list-style-type: none"> Fever of 100.4°F (38°C) or higher Red-brown urine
Kidney Problems	<ul style="list-style-type: none"> Decrease in your amount of urine Blood in your urine 	<ul style="list-style-type: none"> Swelling of your ankles Loss of appetite
Infusion Reactions	<ul style="list-style-type: none"> Chills or shaking Itching, rash, or flushing Trouble breathing or wheezing; tongue-swelling 	<ul style="list-style-type: none"> Dizziness or feeling faint Fever of 100.4°F (38°C) or higher Pain in your back or neck

Before starting treatment, ask your care team when to call 9-1-1 or seek emergency help.
If you experience any new, worsening, or uncontrolled side effects, contact your care team immediately.

Intimacy, Pregnancy, and Breastfeeding

- Treatment may **change how you feel about intimacy and your body**. However, physical closeness—such as holding hands and hugging—remains safe. It is common to have questions about intimacy. If needed, talk to your care team for guidance.
- Treatment may **harm an unborn baby**.
 - If you are able to become pregnant, take a pregnancy test before starting treatment.
 - Use an effective method of birth control during treatment.
 - If you think you might be pregnant or if you become pregnant, tell your care team right away.
 - If your partner(s) could become pregnant, use an effective method of birth control—such as condoms—during treatment.
- Do NOT breastfeed** during treatment.

Additional Information

- **Tell your care team about all the medicines you take.**
This includes prescriptions, over-the-counter drugs, vitamins, and herbal products. Before starting any new medicine, supplement, or vaccine, ask your care team first.
- **This Patient Education Sheet may not describe all possible side effects.**
Call your healthcare provider for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

Notes

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Scan the QR code below to access this education sheet.



Important notice: The Association of Cancer Care Centers (ACCC), Hematology/Oncology Pharmacy Association (HOPA), Network for Collaborative Oncology Development & Advancement, Inc. (NCODA), and Oncology Nursing Society (ONS) have collaborated in gathering information for and developing this patient education guide. This guide represents a brief summary of the medication derived from information provided by the drug manufacturer and other resources.

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