

CONSUMER INFORMATION

Pr **ACLASTA*** (zoledronic acid injection) for intravenous infusion

This leaflet is part III of a three-part "Product Monograph" published when ACLASTA* was approved for sale in Canada and is designed specifically for Consumers. This leaflet is a summary and will not tell you everything about ACLASTA*. Contact your doctor or pharmacist if you have any questions about the drug.

ABOUT THIS MEDICATION

What is ACLASTA* used for?

ACLASTA* is the brand name for the active ingredient zoledronic acid 5 mg/100 mL

ACLASTA* is used:

- In the treatment of osteoporosis in postmenopausal women to reduce the risk of hip, vertebral, non-vertebral fractures (breaking bone) when given once a year.
- In the treatment to increase bone mineral density in men with osteoporosis when given once a year.
- In the treatment and prevention of osteoporosis, in men and women caused by glucocorticoid medicines such as prednisone, to increase bone mineral density, when given once a year.
- In the prevention of osteoporosis in postmenopausal women with low bone mass, given as a single treatment.
- In the treatment of Paget's disease, given as a single treatment.

What it does

ACLASTA* binds specifically to bone and it does not stay in your blood. ACLASTA* slows down bone resorption (caused by osteoclasts) which allows the bone-forming cells (osteoblasts) time to rebuild normal bone.

Zoledronic acid is a member of a class of the nonhormonal drugs called bisphosphonates.

How is normal bone maintained? Bone undergoes a normal process of rebuilding that occurs continuously throughout your skeleton. First, old bone is removed (resorbed) by bone-resorbing cells (osteoclasts), then new bone is laid down (formed) by bone-forming cells (osteoblasts). This balanced process of resorbing and forming bone keeps your skeleton healthy and strong.

What is osteoporosis?

Osteoporosis is a disease that involves the thinning and weakening of the bones, which is common in women after the menopause and may also occur in men. At the menopause, a woman's ovaries stop producing the female hormone, estrogen, which helps keep bones healthy. Following the menopause bone loss occurs, bones become weaker, and break more easily. Many women with osteoporosis have no symptoms but they are still at

risk of breaking bones because osteoporosis has made their bones weaker.

What is Paget's disease of bone?

In Paget's disease, bone breaks down too much and the new bone made is not normal. If Paget's disease is not treated, bones like the skull, spine, and legs become deformed and weaker than normal. This can cause problems like bone pain and arthritis. The bones can also break easily. Paget's disease of bone sometimes runs in families. Paget's disease may be discovered by X-ray examination or blood tests.

When should ACLASTA* not be used? You should not be treated with ACLASTA* if you:

- Have been told by your doctor that you currently have low calcium levels in your blood (*Hypocalcemia*) or vitamin D deficiency
- Are pregnant or plan to become pregnant.
- Are breast-feeding.
- Are allergic (*hypersensitive*) to zoledronic acid or any of the other ingredients of ACLASTA*. There is a list of what is in ACLASTA* below.
- Are allergic to any other bisphosphonate such as Actonel® (risedronate), Fosamax® (alendronate), Aredia® (pamidronate), Zometa* (zoledronic acid 4 mg), Didronel®/Didrocal® (etidronate), Bonefos® (clodronate) or Bondronat® (ibandronate). This list is not complete; please check with your doctor or pharmacist.

What is the medicinal ingredient? The active ingredient in ACLASTA* is zoledronic acid.

What are the important nonmedicinal ingredients? Mannitol, sodium citrate, water for injection.

What dosage form does it come in?

ACLASTA* 5 mg/100 mL is a solution for intravenous infusion and it comes in a 100 mL plastic bottle as a ready-to-use solution. The bottle has a convenient plastic hanger to help your doctor or nurse facilitate the infusion set-up. Each infusion of 100 mL solution delivers 5 mg of zoledronic acid. **Keep the original packaging unchanged and sealed until the doctor or the nurse administers ACLASTA*.**

WARNINGS AND PRECAUTIONS

Be sure that you have discussed ACLASTA* treatment with your doctor. **BEFORE you take ACLASTA* talk to your doctor or pharmacist if you:**

- Are less than 18 years of age
- Are unable to take daily calcium and/or vitamin D supplements
- Are pregnant or plan to become pregnant.
- Are breast-feeding.
- Have, or used to have, a kidney problem.
- Had some or all of your parathyroid glands or thyroid gland surgically removed
- Had sections of your intestine removed

- Need any dental procedures such as a root canal or tooth extraction (this does not include regular dental cleaning). Your doctor may possibly request a dental examination with any necessary preventive dentistry carried out prior to treatment with ACLASTA*. You should continue regular dental cleanings and practice good oral hygiene.
- Have irregular heart beat
- Have asthma from taking ASA (acetylsalicylic acid such as Aspirin®)

If you are being treated with another intravenous form of zoledronic acid (i.e. Zometa*), you should not be treated with ACLASTA*.

If you are being treated with ACLASTA*, you should not be treated with other bisphosphonates (such as alendronate, risedronate, clodronate, etidronate, ibandronate and pamidronate) at the same time.

ACLASTA* is to be given by intravenous infusion in no less than 15 minutes.

INTERACTIONS WITH THIS MEDICATION

While being treated with ACLASTA*, can I take coffee, tea, juice, milk or food? Yes. There is no restriction on what you can drink or eat and when you can drink or eat. Since, ACLASTA* is given as an infusion and avoids the stomach, its interaction with food has not been studied.

While being treated with ACLASTA*, can I take other medications? Tell your doctor or pharmacist if you are taking or have recently taken any other medicines, including any you have bought without a prescription. It is especially important for your doctor to know if you are taking any medicines known to be harmful to your kidneys (such as nonsteroidal anti-inflammatory drugs (NSAIDs)). Tell your doctor if you are taking water pill (diuretics) or aminoglycoside antibiotics (a type of medicine used to treat severe infections). Because ACLASTA* is given as an infusion and avoids the stomach, you can take your vitamin D, mineral supplements and anti-acids at any time of the day as directed by your doctor.

Can I continue my daily activities? After your ACLASTA* infusion, there is no restriction on your normal activities such as standing, sitting, taking a walk or exercising.

PROPER USE OF THIS MEDICATION

What should I know before taking ACLASTA*? Be sure that you drink a sufficient amount of water (at least two glasses, 500 mL or 2 cups) before and after your treatment with ACLASTA*. You may eat and drink normally on the day you are treated with ACLASTA*.

How is ACLASTA* given?

ACLASTA* is given as an infusion into a vein for 15 minutes by your doctor or nurse.

Usual dose:

For treatment of Osteoporosis: single dose of 5 mg once yearly

For prevention of Osteoporosis: single treatment of 5 mg.

For Paget's disease: single treatment of 5 mg

The infusion nurse or doctor may ask you to stay for a short period of time after the infusion.

Should I continue taking my Calcium and vitamin D supplements? Most people do not get enough calcium and vitamin D in their diet. Your doctor may recommend for you to take calcium and vitamin D supplements. It is very important to take calcium and vitamin D supplements as directed by your doctor to reduce the possibility of having low blood calcium levels, to prevent loss of bone and to help rebuild bone. It is especially important to take your calcium and vitamin D supplements before and to continue after being infused with ACLASTA*.

SIDE EFFECTS AND WHAT TO DO ABOUT THEM

Like all medicines, ACLASTA* may have some unwanted side effects in addition to its beneficial effects.

The most common side effect is short-lasting fever, fatigue, chills, headache and nausea. In some patients, these symptoms may also be accompanied by bone, joint and/or muscle ache. These are usually mild and occur within 3 days after receiving ACLASTA*. The incidence of these symptoms decreased markedly with subsequent doses of ACLASTA*. These side effects usually go away within 3 days after they start. In most cases, no specific treatment is required. Your doctor may give you a non-prescription medication to relief your pain or fever such as ibuprofen and acetaminophen.

Some patients may experience low blood calcium (hypocalcemia) after being infused with ACLASTA*. Most of the time, you will not be able to notice the consequence of low blood calcium; however, it might happen that you experience some effects such as numbness or tingling sensations (especially in the area around the mouth) or muscle spasms. Contact your doctor immediately if you notice any of these symptoms after your ACLASTA* treatment.

In rare cases, patients have reported itchy rash and swelling mainly of the face and throat.

Some patients have reported problems with their jaw bones while being on the class of drugs called bisphosphonates (such as ACLASTA*, Actonel®, Aredia*, Fosamax® and Zometa*). Dental hygiene is an important element of your overall care and may be important in decreasing the chances of this type of problem occurring. Removable dentures should fit properly and should be removed at night. Please consult with your doctor if you experience pain in your mouth, teeth or jaw, or if your gums or mouth heals poorly. Any non-healing of a dental extraction site or chronic dental infection should be reported and assessed.

Some patients receiving ACLASTA* for the treatment of postmenopausal osteoporosis, have reported irregular heartbeat.

In patients with glucocorticoid-induced osteoporosis, the following side effects were reported in addition to those already

reported in postmenopausal women with osteoporosis, or were reported with a higher frequency: abdominal pain, musculoskeletal pain (bone and muscle pain), nausea, dyspepsia, rheumatoid arthritis (inflammation of the joints), tachycardia, arrhythmia (increased heart beat) and urinary tract infection.

In patients treated with ACLASTA* to prevent postmenopausal osteoporosis, the following side effects were reported in addition to those already reported in postmenopausal women with osteoporosis, or with a higher frequency: constipation, disturbed digestion, hypercholesterolemia, musculoskeletal pain (bone and muscle pain), pain in jaw, neck pain, back pain, pain in extremity, arthritis (inflammation of the joints), joint sprain, post-traumatic pain, non-cardiac chest pain, influenza, cough, congestion of the nose, pharyngolaryngeal pain (pain at the back of the mouth and in the voice box), seasonal allergies, vaginal dryness, sciatica, asthenia, and hypoesthesia.

SERIOUS SIDE EFFECTS, HOW OFTEN THEY HAPPEN AND WHAT TO DO ABOUT THEM			
Symptom / effect		Talk with your healthcare professional or pharmacist	
		Only if severe	In all cases
Common	<i>Post-dose symptoms:</i> fever, chills, fatigue, pain, malaise	√	
	Bone, joint, and/or muscle pain or stiffness		√
	Headache	√	
	Nausea, vomiting, diarrhea, abdominal pain	√	
	Shortness of breath	√	
	Worsening of kidney function (higher levels of creatinine)	√	
	Eye disorder (redness, excessive tearing)	√	
	Dizziness	√	
	Excessive sweating	√	
	Rash	√	
Uncommon	Tiredness, weakness, lethargy	√	
	<i>Low blood calcium (hypocalcemia):</i> numbness, tingling sensation (especially in the area around the mouth), muscle spasms		√
	Irregular heartbeat,	√	

SERIOUS SIDE EFFECTS, HOW OFTEN THEY HAPPEN AND WHAT TO DO ABOUT THEM			
Symptom / effect		Talk with your healthcare professional or pharmacist	
		Only if severe	In all cases
	palpitations		
	Kidney failure (changes in urine color or absence of urine production, changes in kidney function laboratory tests, lower back pain, fatigue, nausea, loss of appetite)	√	
	Eye disorder (pain, light sensitivity, decrease vision)	√	
	Allergic reaction	√	
Rare	<i>Osteonecrosis of the jaw:</i> pain in muscles, bones or joints	√	
Very rare	Difficulty breathing with wheezing or coughing in asthma patients who are allergic to ASA	√	
	<i>Avascular necrosis (osteonecrosis) of the hip or knee:</i> poor blood supply to an area of bone leading to bone death: bone pain, joint pain, muscle spasms, joint stiffness	√	
	Failure of broken bone to heal (<i>non-union</i>) or broken bone taking longer than usual to heal (<i>delayed union</i>): persistent pain at the fracture site, no or slow progress in bone healing on imaging tests.	√	
	Severe allergic reaction including dizziness and difficulty breathing (including symptoms of shock)	√	

If you have questions about these side effects, talk to your doctor.

This is not a complete list of side effects. For any unexpected effects while taking ACLASTA, contact your doctor or pharmacist.*

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® Bonefos is a registered trademark of Berlex Canada Inc.

® Bondronat is a registered trademark of Hoffmann-La Roche Limited.

HOW TO STORE IT

Store ACLASTA* at room-temperature between 15°C-30°C. Keep the original packaging unchanged and sealed until the doctor or the nurse administers ACLASTA*.

Remember to keep ACLASTA* and all medications safely away from children.

REPORTING SUSPECTED SIDE EFFECTS

REPORTING SUSPECTED SIDE-EFFECTS

You can report any suspected adverse reactions associated with the use of health products to the Canada Vigilance Program by one of the following 3 ways:

- Report online at www.healthcanada.gc.ca/medeffect
- Call toll-free at 1-866-234-2345
- Complete a Canada Vigilance Reporting Form and:
 - Fax toll-free to 1-866-678-6789, or
 - Mail to: Canada Vigilance Program
Health Canada
Postal Locator 0701C
Ottawa, ON K1A 0K9

Postage paid labels, Canada Vigilance Reporting Form and the adverse reaction reporting guidelines are available on the MedEffect™ Canada Web site at www.healthcanada.gc.ca/medeffect.

NOTE: Should you require information related to the management of side effects, contact your health professional. The Canada Vigilance Program does not provide medical advice.

MORE INFORMATION

If you have questions concerning the use of ACLASTA* in your condition or any question concerning your medical condition, ask your physician or pharmacist.

This document plus the full product monograph, prepared for health professionals can be found at:

<http://www.novartis.ca>

or by contacting the sponsor, Novartis Pharmaceuticals Canada Inc, at: 1-800-363-8883

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