

Zometa

Information for patients, relatives and carers

① For more information, please contact: Medical Elective Services (MES)
The York Hospital, Wigginton Road, York, YO31 8HE,
telephone 01904 721062 or email MESpatientenquiries@york.nhs.uk

Information about Zometa

Zometa 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.

Your Zometa will be given by the nursing team on MES. Once you have been admitted, a cannula will be inserted into a vein in your arm. The Zometa will be infused over 15-30 minutes. This will be followed by a saline flush through the cannula to ensure you receive the full amount of your Zometa dose.

Based on your blood results your consultant may prescribe you calcium tablets, these will be provided by MES.

After care

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 member of the nursing team will give you advice following infusion and any further appointments you may require on MES for this treatment.

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 please contact your doctor.

Teaching, training and 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.

Feedback

You may receive a Friends and Family card following your treatment. This is to enable us to collect feedback on your experience with us. All feedback is anonymous and lets us constantly review our service to ensure we are maintaining a high standard. We do appreciate you taking the time to complete this for us.

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.

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.

Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

如果你要求本資 不同的 或 式提供 , 電或發電

Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail

Bu bilgileri değişik bir lisanda ya da formatta istiyorsanız lütfen telefon ediniz ya da e-posta gönderiniz

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