

## Postponement of zoledronic acid infusions

In order to minimise the risk to our patients and the general public from exposure to COVID-19, we are currently reviewing the need for patients to have zoledronic acid infusion. As you are aware, this treatment can cause mild 'flu-like' symptoms (but not cause flu). As these symptoms are similar to that of coronavirus infection, it is important to avoid any confusion, which could make the diagnosis, treatment and recovery from coronavirus difficult for patients, particularly those who are at high risk. **Therefore, we have decided to postpone all zoledronic acid infusions for now.**

You will find some general information regarding your osteoporosis/zoledronic acid treatment below.

## Commonly asked questions

**1. *Do I need to continue with my calcium (and or vitamin D) supplementation?***

It is important that you continue with your calcium (and or vitamin D) supplementation if this has been prescribed as part of your osteoporosis treatment.

**2. *Do I need to continue with my alendronic acid (or risedronate) tablet?***

If you are currently taking alendronic acid tablet (or risedronate tablet), please continue taking this weekly tablet for now. However, if you have been specifically advised during your consultation to stop this tablet, please refrain from taking it.

**3. *Will the delay in receiving my next infusion put me at a higher risk of sustaining fragility fracture?***

Zoledronic acid medication is a long-acting drug. As such, it stays in your body longer than 12 months (probably more than 24 months). Therefore, delaying your treatment for a number of months will not put you at a higher risk of sustaining fragility fracture nor cause significant decline in your bone mineral density. It is important that you engage in regular exercise, refrain from smoking, minimise alcohol intake and continue with your calcium (and or vitamin D) supplementation if you have been prescribed one by your doctor.

If you are due to start zoledronic acid treatment, we will try our best to rebook your appointment as soon as we are able to do so. It is important that you engage in regular exercise, refrain from smoking, minimise alcohol intake and continue with your calcium (and or vitamin D) supplementation if you have been prescribed one by your doctor.

**4. *When will I get an appointment for my zoledronic acid infusion?***

We are constantly reviewing the situation with coronavirus. Our priority is the safety of patients, our staff and the public. We will rebook your appointment as soon as we are able to do so.