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Reclast

Generic name: [zoledronic acid](#) [ZOE-le-DRON-ik-AS-id]

Drug class: [Bisphosphonates](#)

Medically reviewed by [Philip Thornton, DipPharm](#). Last updated on Aug 20, 2023.

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What is Reclast?

Reclast (sometimes called zoledronate) is a [bisphosphonate medicine](#) that alters bone formation and breakdown in the body. This can slow bone loss and may help prevent bone fractures.

Reclast is used to treat or prevent [osteoporosis](#) caused by [menopause](#), or steroid use. This medicine also increases bone mass in men with osteoporosis. Reclast is for use when you have a high risk of bone fracture.

Reclast is also used to treat [Paget's disease](#) of bone.

Zometa is another brand of zoledronic acid used to treat high blood levels of calcium caused by cancer (also called [hypercalcemia](#) of malignancy). This medicine also treats multiple myeloma (a type of bone marrow cancer) or bone cancer that has spread from elsewhere in the body. You should not use Reclast and Zometa at the same time.

Warnings

Zoledronic acid may harm an unborn baby. Do not use Reclast if you are pregnant. Use effective birth control, and ask your doctor how long to prevent pregnancy after you stop this medicine.

Reclast can cause serious kidney problems, especially if you are dehydrated, if you take diuretic medicine, or if you already have kidney disease. Call your doctor if you urinate less than usual, if you have swelling in your feet or ankles, or if you feel tired or short of breath.

Also call your doctor if you have muscle spasms, numbness or tingling (in hands and feet or around the mouth), new or unusual hip pain, or severe pain in your joints, bones, or muscles.

Your doctor may recommend you have a dental exam for preventive tooth and gum care before you start your treatment with zoledronic acid. This is especially important if you have cancer, if you are undergoing chemotherapy or using steroids, or if you have poor dental health.

Some people using medicines similar to Reclast have developed bone loss in the jaw, also called osteonecrosis of the jaw. Symptoms of this condition may include jaw pain, swelling, numbness, loose teeth, gum infection, or slow healing after injury or surgery involving the gums. You may be more likely to develop osteonecrosis of the jaw if you have cancer or

have been treated with chemotherapy, radiation, or steroids. Other conditions associated with osteonecrosis of the jaw include blood clotting disorders, anemia (low red blood cells), and pre-existing dental problems.

Before taking this medicine

You should not be treated with Reclast if you are allergic to zoledronic acid.

You also should not receive **Reclast** if you have:

- low levels of calcium in your blood ([hypocalcemia](#)); or
- severe kidney disease.

You should not be treated with Reclast if are currently using any other bisphosphonate (such as [alendronate](#), etidronate, [ibandronate](#), [pamidronate](#), [risedronate](#), or tiludronate).

To make sure Reclast is safe for you, tell your doctor if you have ever had:

- kidney disease;
- hypocalcemia;
- thyroid or parathyroid surgery;
- surgery to remove part of your intestine;
- [asthma](#) caused by taking [aspirin](#);
- any condition that makes it hard for your body to absorb nutrients from food (malabsorption);
- a dental problem (you may need a dental exam before you receive Reclast);
- if you are dehydrated; or
- if you take a diuretic or "water pill".

Zoledronic acid can cause serious kidney problems, especially if you are dehydrated, if you take diuretic medicine, or if you already have kidney disease.

This medicine may cause jaw bone problems (osteonecrosis). The risk is highest in people with cancer, blood cell disorders, pre-existing dental problems, or people treated with steroids, chemotherapy, or radiation. Ask your doctor about your own risk.

You may need to have a negative pregnancy test before starting treatment with Reclast.

Do not use Reclast if you are pregnant. Zoledronic acid may harm an unborn baby or cause birth defects.

Zoledronic acid can remain in your body for weeks or years after your last dose. Use effective birth control to prevent pregnancy while using this medicine. Talk with your doctor about the need to prevent pregnancy after you stop using Reclast.

This medicine may affect fertility (ability to have children) in women. However, **it is important to use birth control to prevent pregnancy because zoledronic acid can harm an unborn baby.**

You should not breastfeed while using Reclast.

 [Reclast pregnancy and breastfeeding warnings](#) (more detail)

How is Reclast given?

Reclast is given as an infusion into a vein. A healthcare provider will give you this injection.

Reclast is sometimes given as a single dose only one time. It may also be given once every 1 or 2 years. How often you receive Reclast will depend on why you are using this medicine. Follow your doctor's instructions.

Drink at least 2 glasses of water within a few hours before your injection to keep from getting dehydrated.

You may need frequent medical tests to help your doctor determine how long to treat you with Reclast. Your kidney function may also need to be checked.

Pay special attention to your dental hygiene while using Reclast. Brush and floss your teeth regularly. If you need to have any dental work (especially surgery), tell the dentist ahead of time that you are using Reclast.

Reclast is only part of a complete program of treatment that may also include diet changes and taking calcium and vitamin supplements. Follow your doctor's instructions very closely.

Your doctor will determine how long to treat you with this medicine. Reclast is often given for only 3 to 5 years.

 [Reclast patient tips](#) (more detail)

Dosing information

Usual Adult Dose for Paget's Disease:

5 mg IV infusion, at a constant infusion rate, over no less than 15 minutes

Calcium and vitamin D supplementation:

- Calcium: 750 mg elemental calcium orally twice a day, or 500 mg orally three times a day
- Vitamin D: 800 international units orally daily, especially in the 2 weeks following drug administration

Comments: Retreatment may be considered in patients who have relapsed, based on increases in serum alkaline phosphatase or failure to achieve normalization of serum alkaline phosphatase.

Uses: Paget's disease of bone with elevations in serum alkaline phosphatase of two times or higher than upper limit of age- specific normal reference range

Usual Adult Dose for Osteoporosis:

5 mg IV infusion over no less than 15 minutes, once a year

Comments: An average of at least 1200 mg calcium and 800 to 1000 international units vitamin D daily is recommended.

Uses:

- Osteoporosis in postmenopausal women, diagnosed by bone mineral density or prevalent vertebral fracture (this drug reduces the incidence of fractures).
- To increase bone mass in men with osteoporosis.
- Treatment of glucocorticoid-induced osteoporosis in men and women who are either initiating or continuing systemic glucocorticoids in a daily dosage equivalent to 7.5 mg or greater of prednisone and are expected to remain on glucocorticoids for at least 12 months.

Usual Adult Dose for Prevention of Osteoporosis:

5 mg IV infusion over no less than 15 minutes, every 2 years

Uses:

- Prevention of osteoporosis in postmenopausal women.
- Prevention of glucocorticoid-induced osteoporosis in men and women who are either initiating or continuing systemic glucocorticoids in a daily dosage equivalent to 7.5 mg or greater of prednisone and are expected to remain on glucocorticoids for at least 12 months.

 [Detailed Reclast dosage information](#)

What happens if I miss a dose?

Call your doctor for instructions if you miss an appointment for your Reclast injection.

What happens if I overdose?

Seek emergency medical attention or call the Poison Help line at 1-800-222-1222.

What should I avoid while receiving Reclast?

Avoid [smoking](#), or try to quit. Smoking can reduce your bone mineral density, making fractures more likely.

Avoid drinking large amounts of alcohol. Heavy drinking can also cause bone loss.

Reclast side effects

Get emergency medical help if you have **signs of an allergic reaction to Reclast**: [hives](#); wheezing, chest tightness, trouble breathing; swelling of your face, lips, tongue, or throat.

Call your doctor at once if you have:

- new or unusual pain in your thigh or hip;
- jaw pain or numbness, red or swollen gums, loose teeth, or slow healing after dental work;
- severe joint, bone, or muscle pain;
- **kidney problems** - little or no urination, swelling in your feet or ankles, feeling tired;
- **low red blood cells (anemia)** - pale skin, unusual tiredness, feeling light-headed or short of breath, cold hands and feet; or
- **low calcium levels** - muscle spasms or contractions, numbness or tingly feeling (around your mouth, or in your fingers and toes).

Serious side effects on the kidneys may be more likely in older adults.

Common Reclast side effects may include:

- trouble breathing;

- [nausea, vomiting, diarrhea, constipation](#);
- bone pain, muscle or joint pain;
- fever or other flu symptoms;
- tiredness;
- eye pain or swelling;
- pain in your arms or legs;
- [headache](#); or
- anemia.

This is not a complete list of side effects and others may occur. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

 [Reclast side effects](#) (more detail)

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What other drugs will affect Reclast?

Zoledronic acid can harm your kidneys, especially if you also use certain medicines for infections, cancer, osteoporosis, organ transplant rejection, bowel disorders, high blood pressure, or pain or arthritis (including [Advil](#), [Motrin](#), and [Aleve](#)).

Other drugs may interact with zoledronic acid, including prescription and over-the-counter medicines, [vitamins](#), and [herbal products](#). Tell your doctor about all your current medicines and any medicine you start or stop using.

 [Reclast drug interactions](#) (more detail)

Does Reclast interact with my other drugs?

Enter medications to view a detailed interaction report using our [Drug Interaction Checker](#).

Reclast

+

Enter a drug name

Add

Popular FAQ

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References

1. [Reclast Product Label](#)

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Patient resources

Other brands

[Zometa](#), [Aclasta](#)

Professional resources

- [Reclast prescribing information](#)
- [Zoledronic Acid \(AHFS Monograph\)](#)

Other brands

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Related treatment guides

- [Osteoporosis](#)
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- [Paget's Disease](#)
- [Osteolytic Bone Lesions of Multiple Myeloma](#)
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Further information

Remember, keep this and all other medicines out of the reach of children, never share your medicines with others, and use Reclast only for the indication prescribed.

Always consult your healthcare provider to ensure the information displayed on this page applies to your personal circumstances.

[Medical Disclaimer](#)

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DRUG STATUS

Availability

Rx Prescription only


Pregnancy & Lactation

 Risk data available

CSA Schedule*

N/A Not a controlled drug

Approval History

 Drug history at FDA



User Reviews & Ratings

5.1 / 10

[275 Reviews](#)

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