

Denosumab

What is it for?

Denosumab is a medication used to treat osteoporosis. It reduces bone breakdown, thus lowering the risk of broken bones.



What are the side effects of Denosumab?

Like all medications, Denosumab may cause side effects. Some side effects that one may experience include:



- Muscle, back, bone or joint pain
- Eczema, skin infections
- Nausea or vomiting
- Constipation or diarrhea
- Slight tiredness
- Increased cholesterol levels
- Low blood calcium levels (rare)
- Osteonecrosis of the jaw (rare)
- Atypical femoral fracture (rare)

When should I alert my doctor?

Please inform your doctor if you experience any:

- Excessive muscle cramping
- Giddiness or confusion
- Excessive skin dryness, irritation or rashes
- Chest pain or shortness of breath
- Fever, pain upon urination
- Severe nausea or vomiting or abdominal pain
- Allergic reaction e.g. rash, swelling of eyelids and face.
- Persistent jaw pain, gum infections and/or sores in the mouth
- Unexplained groin or thigh pain





What precautions must I take before taking Denosumab?



1. Ensure that you are taking enough calcium and vitamin D daily, unless otherwise instructed by your doctor.
2. Maintain good oral hygiene. Inform your dentist that you are on Denosumab.
3. For women of child-bearing age, use effective birth control and inform your doctor if you intend to get pregnant or breast-feed.



How should Denosumab be used?

Denosumab is an injection given under the skin (subcutaneously) at the upper arm, upper thigh or abdomen administered by a registered doctor or nurse.

DO's

Denosumab is usually given every 6 months for osteoporosis. It is important to continue Denosumab at 6-monthly intervals as it ensures that the medication is able to perform optimally.

DON'Ts

Stopping or delaying 6-monthly Denosumab injections may increase the risk of fractures.



Do not stop or delay Denosumab treatment without first talking to your doctor.



What should I do if I miss a dose of Denosumab?

If you miss a dose, receive it as soon as possible by rescheduling an appointment with your clinic.

Schedule injections every 6 months from the date of the last injection.

Please call **6643 6969** for rescheduling of appointments.