

## Consumer Medicine Information (CMI) summary

The [full CMI](#) on the next page has more details. If you are worried about using this medicine, speak to your doctor or pharmacist.

### 1. Why am I using Zometa?

Zometa contains the active ingredient zoledronic acid. Zometa is used to:

- lower the amount of calcium in the blood when it becomes too high, as may happen in some forms of cancer.
- slow down the spread of cancers in bone, helping to prevent changes to the bones that may cause them to weaken.

For more information, see Section [1. Why am I using Zometa?](#) in the full CMI.

### 2. What should I know before I use Zometa?

Do not use if you have ever had an allergic reaction to Zometa or any of the ingredients listed at the end of the CMI.

**Talk to your doctor if you have any other medical conditions, take any other medicines, or are pregnant or plan to become pregnant or are breastfeeding.**

For more information, see Section [2. What should I know before I use Zometa?](#) in the full CMI.

### 3. What if I am taking other medicines?

Some medicines may interfere with Zometa and affect how it works.

A list of these medicines is in Section [3. What if I am taking other medicines?](#) in the full CMI.

### 4. How do I use Zometa?

Zometa is an injection and will be given to you by your doctor.

- Zometa is given as a 15-minute infusion into a vein.
- You may also be given an infusion of fluids to ensure that you do not become dehydrated.

More instructions can be found in Section [4. How do I use Zometa?](#) in the full CMI.

### 5. What should I know while using Zometa?

<b>Things you should do</b>	<ul style="list-style-type: none"><li>• Remind any doctor, nurse, dentist or pharmacist you visit that you are using Zometa.</li><li>• Call your doctor immediately if you become pregnant while having treatment with Zometa. Your doctor can discuss with you the risks of having it while you are pregnant.</li><li>• Call your doctor immediately if you are having any dental symptoms including pain, swelling or unusual feeling in your teeth or gums, or non-healing of sores or discharge or any dental infections.</li></ul>
<b>Things you should not do</b>	<ul style="list-style-type: none"><li>• Do not use Zometa if you are allergic to zoledronic acid, any of the ingredients listed at the end of this leaflet or any other bisphosphonate medicine.</li><li>• Do not use Zometa if you are pregnant or breastfeeding</li></ul>
<b>Driving or using machines</b>	<ul style="list-style-type: none"><li>• Be careful before you drive or use any machines or tools until you know how Zometa affects you.</li><li>• If you are returning home immediately after the infusion, arrange to have someone else drive</li></ul>
<b>Looking after your medicine</b>	<p>It is unlikely you will need to store Zometa at home. If you are keeping a supply of Zometa at home:</p> <ul style="list-style-type: none"><li>• Store the medicine in a cool dry place below 30°C.</li></ul>

For more information, see Section [5. What should I know while using Zometa?](#) in the full CMI.

### 6. Are there any side effects?

All medicines can have side effects. If you do experience any side effects, most of them are minor and temporary. However some side effects may need medical attention. Talk to your doctor if you have side effects and they worry you.

Tell your doctor if you experience pain, weakness or discomfort in your thigh, hip or groin. Tell your doctor and dentist immediately if you experience any dental symptoms while on Zometa. Call your doctor immediately or go to Accident & Emergency at your nearest hospital if you have signs of a serious allergic reaction.

For more information, including what to do if you have any side effects, see Section [6. Are there any side effects?](#) in the full CMI.

# Zometa

Active ingredient(s): *zoledronic acid*

## Consumer Medicine Information (CMI)

This leaflet provides important information about using Zometa. **You should also speak to your doctor or pharmacist if you would like further information or if you have any concerns or questions about using Zometa.**

**Where to find information in this leaflet:**

- [1. Why am I using Zometa?](#)
- [2. What should I know before I use Zometa?](#)
- [3. What if I am taking other medicines?](#)
- [4. How do I use Zometa?](#)
- [5. What should I know while using Zometa?](#)
- [6. Are there any side effects?](#)
- [7. Product details](#)

### 1. Why am I using Zometa?

**Zometa contains the active ingredient zoledronic acid.**

Zometa belongs to a group of medicines called bisphosphonates, which strongly bind to bone. These medicines slow down the rate of bone change and help to restore the amount of calcium in the blood to normal.

**Zometa is used to lower the amount of calcium in the blood when it becomes too high, as may happen in some forms of cancer.**

Some cancers can speed up normal changes in bone so that the amount of calcium released from the bones into the blood is increased.

**Zometa is also used to slow down the spread of cancers in bone, helping to prevent changes to the bones that may cause them to weaken.**

It is used in people with advanced cancer of the bone marrow (called multiple myeloma) and other advanced cancers that have spread to the bone. This medicine is used in addition to other standard cancer treatments.

There is not enough information to recommend the use of this medicine in children.

### 2. What should I know before I use Zometa?

#### Warnings

**Do not use Zometa if you are allergic to:**

- zoledronic acid, or any of the ingredients listed at the end of this leaflet.
- any other bisphosphonate medicine.

Always check the ingredients to make sure you can use this medicine.

Some of the symptoms of an allergic reaction may include shortness of breath, wheezing or difficulty breathing;

swelling of the face, lips, tongue or other parts of the body; rash, itching or hives on the skin.

Check with your doctor if you are unsure whether you are allergic to other bisphosphonate medicines.

Other bisphosphonate medicines can cause breathing difficulties in people with asthma who are allergic to aspirin. It is not known whether Zometa can have this effect.

#### Pregnancy and breastfeeding

**Do not have Zometa if you are pregnant.**

Tell your doctor immediately if you are pregnant while having treatment with Zometa.

**Do not breast-feed while you are having treatment with Zometa.**

It is not known whether Zometa passes into breast milk. You should not breastfeed during treatment with Zometa.

Your doctor will discuss the risks and benefits of using Zometa if you are pregnant or breast-feeding.

**Check with your doctor if you:**

- have a kidney or liver problem
- have a heart condition
- have asthma and are also allergic to aspirin
- have had surgery on your thyroid
- take any other bisphosphonates
- had or have pain in the teeth, gums or jaw, swelling or numbness of the jaw or a "heavy jaw feeling" or loosening of a tooth or any other oral issues
- are having dental treatment or are due to undergo dental surgery
- had or have joint stiffness, aches and pains and difficulty in movement (especially of the hip or thigh) or pain around the external ear canal
- take medication that may lower calcium levels in your blood, and you may require calcium with Vitamin D supplements.

Your doctor may want to take special precautions if you have any of the above conditions.

During treatment, you may be at risk of developing certain side effects. It is important you understand these risks and how to monitor for them. See additional information under Section [6. Are there any side effects?](#)

### 3. What if I am taking other medicines?

Tell your doctor or pharmacist if you are taking any other medicines, including any medicines, vitamins or supplements that you buy without a prescription from your pharmacy, supermarket or health food shop.

- You should not be treated with Zometa if you are taking Aclasta (containing zoledronic acid for

osteoporosis and other non-cancer bone diseases), or any other bisphosphonate.

**Some medicines may interfere with Zometa and affect how it works. These include:**

- medicines that may have side effects on your kidneys.
- aminoglycoside medicines, used to treat severe infections. The combination of aminoglycoside and bisphosphonate medicines may cause the level of calcium in the blood to become too low.
- anti-angiogenic medicines as part of your cancer treatment. The combination of these medicines and bisphosphonate medicines may increase the risk of bone damage in the jaw (osteonecrosis).
- loop diuretics, medicines used to treat high blood pressure or oedema.
- calcitonin (a type of medicine used to treat post-menopausal osteoporosis and high calcium levels).
- thalidomide (a medicine used to treat a certain type of blood cancer involving the bone)

You may need to take different amounts of these medicines, or you may need to take different medicines. Your doctor and pharmacist have more information.

**Check with your doctor or pharmacist if you are not sure about what medicines, vitamins or supplements you are taking and if these affect Zometa.**

## 4. How do I use Zometa?

### How much to take / use

- Zometa is given as a 15-minute infusion into a vein by trained healthcare professionals.
- You may also be given an infusion of fluids to ensure that you do not become dehydrated.

To lower the amount of calcium in the blood, the usual dose of Zometa is 4 mg, given as a single infusion.

To treat cancer in the bone, the usual dose is 4 mg, given as an infusion every 3 to 4 weeks.

Your doctor may give you a lower dose if you have a mild kidney problem. Your doctor may also prescribe a daily calcium supplement and a multiple vitamin containing Vitamin D.

You will have a blood test before each dose of Zometa to make sure the medicine is not affecting your kidneys.

### If you are given too much Zometa

Tell your doctor if you have any of the following symptoms. They may mean that the level of calcium in your blood has fallen too far.

- unusual light headedness, dizziness or faintness.
- numbness or tingling sensation.
- muscle cramps.

## 5. What should I know while using Zometa?

### Things you should do:

**Make sure you follow your doctor's instructions carefully and keep all appointments.**

You will need regular blood tests to make sure the treatment is working. Regular blood tests can also find side effects before they become serious.

Ensure sufficient intake of fluid (water) prior to infusions as directed by your doctor as this will help prevent dehydration.

### Call your doctor straight away if you:

- become pregnant while having treatment with Zometa. Your doctor can discuss with you the risks of having it while you are pregnant.
- are having any dental symptoms including pain, swelling or unusual feeling in your teeth or gums, or non-healing of sores or discharge or any dental infections.

A dental condition called jaw osteonecrosis has been reported in some patients being treated with Zometa or other drugs in the same class as Zometa.

It is advisable to have a dental check-up before starting on Zometa and regular dental check-ups while on Zometa. Tell your dentist you are being treated with Zometa. Your dentist may need to take special precautions.

Tell your doctor if you need to have any dental treatment or dental surgery. You may need to have dental treatments completed before starting Zometa.

Practice good dental hygiene. Your routine dental hygiene should include:

- brushing your teeth and tongue after every meal and at bedtime.
- gentle flossing once a day to remove plaque.
- keeping your mouth moist by drinking water (many cancer medicines can cause "dry mouth" which can lead to decay and other dental problems).
- avoiding use of mouthwash that contains alcohol.

Use a mirror to check your teeth and gums regularly for any changes such as sores or bleeding gums. If you notice any problems, tell your doctor or dentist immediately.

Remind any doctor, dentist or pharmacist you visit that you are using Zometa.

### Driving or using machines

**Be careful before you drive or use any machines or tools until you know how Zometa affects you.**

If you are returning home immediately after the infusion, arrange to have someone else drive.

## Looking after your medicine

It is unlikely you will need to store Zometa at home.

If you are keeping a supply of Zometa at home:

- Store the medicine in a cool dry place below 30°C.
- Do not store Zometa or any other medicine in the bathroom or near a sink.
- Do not leave it in the car on hot days.

Follow the instructions in the carton on how to take care of your medicine properly.

**Keep it where young children cannot reach it.**

### Getting rid of any unwanted medicine

If you no longer need to use this medicine or it is out of date, take it to any pharmacy for safe disposal.

Do not use this medicine after the expiry date.

## 6. Are there any side effects?

All medicines can have side effects. If you do experience any side effects, most of them are minor and temporary. However, some side effects may need medical attention.

See the information below and, if you need to, ask your doctor or pharmacist if you have any further questions about side effects.

## Less serious side effects

Less serious side effects	What to do
<p><b>General disorders and site-related administration</b></p> <ul style="list-style-type: none"><li>• short-lasting fever, sometimes with flu-like symptoms such as chills, tiredness, weakness and aches and pains</li><li>• redness, swelling or pain where the needle for the infusion was inserted</li><li>• weight increased</li></ul> <p><b>Musculoskeletal-related</b></p> <ul style="list-style-type: none"><li>• swollen aching joints or muscles, pain in the bones</li><li>• pain, weakness or discomfort in your thigh, hip or groin. Unusual fracture of the thigh bone particularly in patients on long-term treatment for osteoporosis may occur. Contact your doctor if you experience this as it may be an early sign of a possible fracture of the thigh bone</li></ul> <p><b>Immune system-related</b></p> <ul style="list-style-type: none"><li>• swelling of fingers, hands, feet, ankles or lower legs due to fluid build up</li></ul> <p><b>Gastro-intestinal related</b></p> <ul style="list-style-type: none"><li>• upset stomach, abdominal pain, loss of appetite</li><li>• nausea (feeling sick) or vomiting</li><li>• constipation or diarrhoea</li><li>• dry or sore mouth</li></ul> <p><b>Psychiatric-related</b></p> <ul style="list-style-type: none"><li>• anxiety, confusion, difficulty sleeping</li></ul> <p><b>Nervous system-related</b></p> <ul style="list-style-type: none"><li>• headache, facial pain</li><li>• tingling or numbness of the hands or feet</li><li>• increased sweating</li><li>• changes in taste sensation</li></ul> <p><b>Eye-related</b></p> <ul style="list-style-type: none"><li>• irritated eyes, blurred vision, eye pain, sensitivity to light, runny, itchy, red or swollen eyes</li></ul> <p><b>Cardiac-related</b></p> <ul style="list-style-type: none"><li>• slow heart beat</li><li>• irregular heartbeat</li></ul> <p><b>Respiratory-related</b></p> <ul style="list-style-type: none"><li>• cough</li><li>• difficulty breathing with wheezing and coughing</li><li>• lung disease</li></ul>	<p><b>Speak to your doctor if you have any of these less serious side effects and they worry you.</b></p>

## Serious side effects

Serious side effects	What to do
<p><b>Immune system-related</b></p> <ul style="list-style-type: none"><li>signs of allergy such as rash, itching or hives on the skin; swelling of the face, lips, tongue or other part of the body; shortness of breath, wheezing or troubled breathing</li></ul> <p><b>Blood-related</b></p> <ul style="list-style-type: none"><li>signs that the level of calcium in your blood may have fallen too far, such as unusual light headedness, dizziness or faintness, numbness or tingling sensation, muscle cramps</li><li>constant "flu-like" symptoms (chills, fever, sore throat, sores in mouth, swollen glands, tiredness or lack of energy) that could be a sign of blood problems</li></ul> <p><b>Respiratory and thoracic-related</b></p> <ul style="list-style-type: none"><li>chest pain</li></ul> <p><b>Nervous system-related</b></p> <ul style="list-style-type: none"><li>seizures</li><li>spasm and twitching</li></ul> <p><b>Renal and urinary-related</b></p> <ul style="list-style-type: none"><li>passing less urine than normal, blood in the urine</li><li>passing large amounts of urine (that can lead to dehydration), bone pain and muscle weakness (can be a problem with how the kidneys are working).</li></ul> <p><b>Musculoskeletal-related</b></p> <ul style="list-style-type: none"><li>pain in the mouth, teeth or jaw, sores or non-healing sores in the mouth or discharge, swelling, dry mouth, numbness or a feeling of heaviness in the jaw ("heavy jaw feeling") or loosening of a tooth. These symptoms could be a sign of a jaw-bone problem known as jaw osteonecrosis</li></ul>	<p><b>Call your doctor straight away, or go straight to the Emergency Department at your nearest hospital if you notice any of these serious side effects.</b></p>

### Tell your doctor or pharmacist if you notice anything else that may be making you feel unwell.

Other side effects not listed here may occur in some people. Some of these (e.g. effects on kidney function and on the level of some chemicals in the blood) can only be found by laboratory testing.

### Reporting side effects

After you have received medical advice for any side effects you experience, you can report side effects to the Therapeutic Goods Administration online at [www.tga.gov.au/reporting-problems](http://www.tga.gov.au/reporting-problems). By reporting side

effects, you can help provide more information on the safety of this medicine.

**Always make sure you speak to your doctor or pharmacist before you decide to stop taking any of your medicines.**

## 7. Product details

This medicine is only available with a doctor's prescription.

### What Zometa contains

<b>Active ingredient (main ingredient)</b>	zoledronic acid
<b>Other ingredients (inactive ingredients)</b>	mannitol sodium citrate water for injections.
<b>Potential allergens</b>	sulfites

**Do not take this medicine if you are allergic to any of these ingredients.**

### What Zometa looks like

Zometa concentrated injection is packaged in plastic vials containing the active ingredient, zoledronic acid, in 5 mL solution.

AUST R 90882

Zometa ready to use injection solution is packaged in a plastic vial containing the active ingredient, zoledronic acid, in 100 mL solution.

AUST R 192265

### Who distributes Zometa

Zometa is supplied in Australia by:

SciGen (Australia) Pty Ltd  
4/9 Mogo Place, Billinudgel,  
NSW 2483 Australia

This leaflet was prepared in January 2026.