

Denosumab in Bone Health

What is denosumab?

Denosumab (Prolia®) is a medicine that prevents the body from breaking down bone tissue. It is used to treat soft, brittle bones in patients with osteoporosis and promote bone growth.

What do I need to tell my doctor BEFORE I take this medicine?

Before taking denosumab, tell your doctor if you:

- Have any allergies, including the reactions you had.
- Have known health problems, such as low levels of calcium in your blood.
- Are already using another medicine that has denosumab in it (such as, Xgeva).
- Are taking other prescription medicines (especially other osteoporosis medicines) or non-prescription medicines (including vitamins, minerals, herbals, or supplements).
- Are pregnant or may be pregnant. **Do not** take this medicine if you are pregnant.
- Are breastfeeding or planning to breastfeed. **Do not** breastfeed while you take this medicine. Your doctor will let you know when it is safe to breastfeed after your last dose.



What must I do while on this medicine?

While on denosumab:

- Tell all of your healthcare providers that you are taking this medicine. This includes your doctors, nurses, pharmacists, and dentists.
- Get the blood work that your doctor orders. These tests check your body's response to the medicine, including potential side effects, such as increased cholesterol.
- Take calcium and vitamin D supplements, as your doctor instructs.

How do I take this medicine?

Denosumab comes as a liquid that is injected under the fatty part of the skin (subcutaneously). The recommended dose of denosumab is 60 mg, once every 6 months.

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

If you stop, skip or delay treatment, you are increasing your chances for broken bones. This includes bones in the spine.

Your doctor will give you a prescription for this medicine to fill at the pharmacy. You will return to the clinic, usually on the same day, to receive your injection from your doctor or other healthcare professional.

Continued on back of page. Please turn over.



What are some side effects of this medicine?

All medicines may cause side effects. However, most people taking denosumab have no side effects or have only minor side effects.

The following is a list of signs and symptoms to watch out for.



Call your doctor or go to your nearest Emergency Department right away if you have any of these signs or symptoms:

- Signs of an allergic reaction, such as rash, hives, itchiness, red, swollen, blistered or peeling skin, with or without fever (temperature at or above 38°C or 100.4°F)
- Signs of low calcium levels, such as muscle cramps or spasms, body numbness and tingling, or seizures
- Signs of a bladder infection, such as bladder pain, pain when peeing, or peeing more often
- Signs of skin infection, such as oozing from the skin, or skin is hot to the touch, swollen, red, or painful
- Signs of pancreatitis (very rare), such as very bad or new body aches and muscle pain, or throwing up
- Jaw bone problems, such as pain, swelling, or numbness in your mouth or jaw, loose teeth
- Mouth sores or wounds that will not heal
- Any new or unusual pain in your thigh, groin, or hips.

If you have any questions or concerns, please contact:

Bone Health Clinic

(Level 1, inside the Healthy Living Clinic)

Humber River Hospital

1235 Wilson Ave., Toronto, Ont. M3M 0B2

Tel: (416) 242-1000 ext. 21800

Or visit the Prolia® web site at: www.prolia.ca/en/patient/patient-access

