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## **Instructions for Reclast IV**

**Reclast is an intravenous infusion of a bisphosphonate drug for the treatment of osteoporosis. It takes 15-20 minutes to infuse and lasts a year. It is important to drink at least 2 large (12 oz) glasses of water prior to your infusion to be sure your kidneys are well hydrated. You will also be instructed to have bloodwork to check calcium and creatinine levels (to be sure your kidney function is normal) prior to your appointment.**

**The most common side effect of this is flu-like symptoms that may occur after your first dose. To prevent this, it is recommended that you take Tylenol or ibuprofen (Advil, Motrin) twice daily for 2-3 days prior to your appointment.**

**If you have any further questions please feel free to ask them.**