



**Royal Berkshire**  
NHS Foundation Trust

# Your bisphosphonate treatment plan

Patient Record

Your name: .....

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You are about to commence a course of bisphosphonates. This record will help you to remember your appointments.

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### Your treatment

Bisphosphonates are bone-strengthening treatments and can also be used to prevent bone disease. They can be an intravenous infusion (zometa) that is given every 3 or 4 weeks, 3 months or 6 months. Your doctor will let you know how often. It can also be a monthly injection in your arm (denosumab).

You will need to have a blood test within 7 days of treatment for routine monitoring.

Prior to starting either treatment it is important that you have a dental check up and schedule any dental work. You will also need to see your consultant's team for regular clinic reviews to monitor your progress.

### Your treatment plan

Treatment	Type	Date
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Contact us

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This document can be made available in other languages and formats upon request.

King Edward Ward, August 2017  
Review due: August 2019