

Your Six-Monthly Bone Injection

Denosumab (Prolia) — for osteoporosis

Last dose given: _____

NEXT DOSE DUE: _____

THE MOST IMPORTANT THING ABOUT THIS INJECTION

The next dose must not be delayed or missed.

This medicine works only while it is in your body. If a dose is missed, the protection reverses quickly and the bone can become **weaker than before you started** — with a real risk of sudden spinal fractures. This is not a medicine you can stop and restart as you please.

If you decide to stop, for cost or any other reason, you must tell us first. We will start a different bone medicine to hold the protection. Never simply discontinue it.

Write the due date in your phone calendar today, with a reminder two weeks before.

What to expect

- One injection under the skin every **six months**. It is quick and given in the clinic.
- Your **calcium and vitamin D must be corrected before each dose** and continued daily throughout. We may check a blood test first.
- Mild aching in the back, muscles or limbs for a few days is common.

BEFORE ANY DENTAL WORK

Tell your dentist you are on this injection. If a tooth needs removing, tell us beforehand so we can time it well.

CONTACT US IF YOU GET

Tingling around the mouth or in the fingers, or muscle cramps and spasms — these can mean low calcium · new thigh or groin pain · jaw pain or a tooth socket that will not heal · any skin infection or cellulitis

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