

Bone Health Fridge Sheet

Please contact the Call Centre if you experience any of the following symptoms at 519-749-4380 Monday – Friday from 8:30 am to 4:00 pm; closed on statutory holidays

- Muscle twitching, spasms, weakness or cramping
- Confusion, irregular heart rate
- Numbness or tingling in fingers, toes or around the mouth
- Constipation lasting more than 72 hours
- Diarrhea lasting more than 48 hours
- Nausea lasting more than 48 hours **or** vomiting lasting more than 24 hours
- Severe pain or cramps in the belly
- New cough or shortness of breath or change in existing cough/shortness of breath
- Severe or unusual bone pain
- Yellow skin or eyes or dark urine
- Teeth, mouth or jaw pain
- Swelling of gums, loosening of teeth, feeling of numbness or heaviness in the jaw, unusual discharge from gums or any dental infection
- Swollen, hot, tender or red area at injection site; especially with fever

Note: If these symptoms occur after 4:00pm during the week or on a weekend or holiday, please go directly to the nearest emergency department.

Go to the emergency department immediately if:

- You experience a bone fracture, have severe bone pain or are unable to move;
- You have a swollen face, lip or tongue or you have chest and/or throat tightness after the drug is given (severe allergic reaction);
- You have chest pain, an irregular heart rate, coughing up blood or struggling to breathe; or
- You have lower back pain, passing little or no urine, body swelling or unusual weight gain.