Bisphosphonate Infusion

Complex Regional Pain Syndrome (CRPS)

What is CRPS?

Complex Regional Pain Syndrome (CRPS) is a painful condition typically of the arm, hand, leg, or foot that may occur after a traumatic event, such as a broken bone, sports injury, or bad fall.

The effected limb may have symptoms that include burning pain, changes in skin colour, swelling, sweating, weakness, and tremor.

There is no single treatment or simple cure for CRPS.

What is Bisphosphonate?

Bisphosphonate is a drug which is given slowly via an intravenous infusion that is indicated for the symptomatic relief of Complex Regional Pain syndrome (CRPS).

It is useful in managing inflammation and the swelling symptoms of CRPS in the early stages.

Preparation for the Infusion

You should not have Bisphosphonate if you are allergic to Bisphosphonate medications, pregnant/could be pregnant or Breast Feeding.

Please advise your Pain Specialist if you have the following;

- Kidney disease
- Heart disease
- Liver disease
- Thyroid surgery
- Hyperthyroidism or overactive parathyroid gland
- Calcium deficiency or Vitamin D deficiency
- Pain, swelling or numbness of the jaw, teeth or loosening of a tooth.

If you are planning to have dental treatment, you may need to have this completed before having the Bisphosphonate.

It is important to have **normal kidney function and normal Calcium and Vitamin D levels** in your blood at the time of the infusion. A blood test will be done to check this and reviewed by your doctor before the Infusion can go ahead.

On the day of the Infusion

- You will be asked to fast all food and non-clear fluids for six hours prior to the infusion start time. You may continue to drink clear fluids only such as water, apple juice, black/green tea or black coffee and are encouraged to do so.
- You may take your regular medications, unless asked not to.
- You will be admitted to the Day Surgery Unit one hour before the Infusion is due to commence. You will remain in your own clothing, so it is recommended to wear something comfortable.
- Once you are admitted you will have a baseline set of observations done and may be attached to the heart rate monitor for the duration of the infusion.
- Your doctor will insert a cannula into your vein and the infusion will be commenced.
- During the infusion your observations will be taken at regular intervals by the Nursing Staff and your Pain Specialist will also be in attendance. You will be closely monitored for any side effects.

The duration of the infusion is typically thirty minutes, after which you will remain in the Day Surgery Unit for a minimum of another thirty minutes, during which time you will be offered a light refreshment, and your observations will continue to be taken at regular intervals.

Possible Side Effects

All medicines and treatments can have side effects. The most common side effects of Bisphosphonate are;

- "Flu-like" symptoms
- Fever, chills, or shivering
- Generally feeling unwell
- Tiredness, drowsiness
- Mild headache
- Dizziness or light-headedness
- Pain, redness or swelling at the injection site
- Bone or muscle pain
- Nausea, vomiting and/or changes in your usual bowel habit

After the infusion

The cannula will be removed from your arm, and you will be discharged home. It is recommended to continue vitamin D supplements if you have been supplementing pre infusion.

You will be given a pathology form to re check your calcium and vitamin D levels 3-4 weeks after the Infusion.

You will need someone to take you home and stay with you overnight.

You should be able to resume normal activity and return to work after twenty-four hours.

It is recommended not to undertake any strenuous activity until after the first twenty-four hours post procedure.

AUSLON
MEDICAL GROUP