Reclast Infusion Instructions

2 weeks prior to infusion and 2 weeks after infusion
1) Increase daily Calcium to 1500 mg
2) Take at least 2,000 IU of Vitamin D daily

10- 20 days prior to Infusion
1) Lab work drawn at Dr Dahir’s office or local PCP office when prearranged through Beth, Administrative Assistant for Dr. Dahir

Morning of Infusion
1) Hold any diuretic medications. (HCTZ, Spironolactone, water pills) It is okay to take other medications.
2) Take Tylenol 1000 mg prior to infusion
3) Be hydrated. Drink 64 oz. of water, juice, or tea the day before infusion and drink 16 oz. the morning before the infusion unless contraindicated because of health reasons.

Mention any dental procedures (surgery, implants) or any procedures with oral or IV contrast (CT, MRI) planned or scheduled for 1 month prior to or 1 month after infusion to Dr Dahir, or her nurse, Janice.

If you have any questions regarding scheduling appointments, billing, or if you need to have blood work arranged, please call Beth Lawrence at (615) 343-8332.