

Lead Author: NCA Prostate Cancer Pathway board (adapted from WOSCAN guidance)

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For symptoms of suspected urological cancers, please refer to the [Scottish Referral Guidelines for Suspected Cancer](#)

Initial Evaluation

MRI prostate
Bone scan
(CT Scan)
History
Examination
Performance status
PSA

All patients with
prostate cancer who
are on, or are
commencing long
term ADT or who
have been surgically
castrated

Treatment

Consider Alendronic Acid 70mg weekly
**Plus Calcium/D3 supplementation continuously

Alendronic Acid not tolerated?

*Zoledronic acid yearly for 3 years
** Plus Calcium/D3 supplementation continuously

*Zoledronic acid 5mg dose. Patient will also require a single dose of cholecalciferol 100,000 units orally 2-4 weeks prior to the zoledronic acid infusion.

**Suggested dose Calcium 1000mg and vitamin D 800i/U daily.

If the patient is already taking regular oral vitamin D supplements, then the additional dose of cholecalciferol may be omitted.

All patients should attend for a dental check up before commencing therapy and be provided with 'Letter for Dentist and patient information leaflet.

Note: this guideline is for maintaining bone health and the prevention of osteopenia/osteoporosis for men on long-term ADT – it is not for the treatment of bone metastases. Refer to local board guidelines and protocols.

