

Calcium and Vitamin D tablets

Together with the alendronic acid you may also be prescribed a calcium and vitamin D supplement or vitamin D alone.

This may be in the form of large chewable tablets, caplets, or effervescent (soluble) tablets to be dissolved in water. These should be taken every day in the afternoon or evening to avoid interaction with alendronate.

Further Information

For further information about your medicines contact:

Whittington Pharmacy Patient Helpline
Telephone: 020 7288 5758
(Monday – Friday, 10 am – 4 pm)

For further information about osteoporosis contact:

The Royal Osteoporosis Society
Telephone: 0808 800 003
Website: <https://theros.org.uk>

References

Patient Information, Metabolic Bone Unit, Alendronic acid: your new medication, Cambridge University Hospitals NHS Foundation Trust, March 2019

Joint Formulary Committee. *British National Formulary* (online) London: BMJ Group and Pharmaceutical Press

<<http://www.medicinescomplete.com>>

Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

[Twitter.com/WhittHealth](https://twitter.com/WhittHealth)
[Facebook.com/WhittingtonHealth](https://facebook.com/WhittingtonHealth)

Whittington Health NHS Trust
Magdala Avenue
London
N19 5NF
Phone: 020 7272 3070
www.whittington.nhs.uk

Date published: 28/05/2019
Review date: 28/05/2021
Ref: EIM/COOP/Pharm/AA/02

© Whittington Health
Please recycle



Information about your medicine Alendronic Acid

A patient's guide



What is it?

Alendronic acid (or alendronate) helps to strengthen bones and reduce the risk of fractures that are caused by osteoporosis.

Why do I need to take it?

The internal bone structure thins due to osteoporosis making bones more brittle and prone to breaking or fractures.

Alendronic acid prevents and treats osteoporosis (thinning of the bone) in women after menopause and in older men.

How will it help me?

This tablet can help to reduce the rate of bone loss and reduce your risk of broken bones or fractures in the future. The tablet will not make you feel any different but good work is going on inside your bones, maintaining their strength.

How do I take it?

Alendronic acid (once-weekly) 70 mg tablets should be taken **once a week** on the same day each week.

- Take this medicine as soon as you get out of bed in the morning, before you have anything to eat or drink.
- Swallow the tablet whole with a full large glass (about 200 ml) of plain water only, not mineral water, coffee, juice, or any other liquid.

- Wait at least 30 minutes after you take the medicine before you eat or drink anything or take any other medicines. This will help your body absorb the medicine.

- Do not take the medicine while you are still in bed, and do not take it at bedtime.

- Do not chew or suck on the tablet.

- Remain upright, sitting or standing, for at least 30 minutes after taking alendronate and do not lie down until after you have eaten some food.

If any of this medicine stays in your oesophagus, (the tube that runs from your throat to your stomach) it may cause serious damage.

To lower the risk of this problem, take this medicine exactly as per the instructions.

This medicine comes with patient instructions. Read and follow these instructions carefully. Ask your doctor or pharmacist if you have any questions.

What if I miss a dose?

If you miss your dose or you forget to take the tablet, wait until the next morning to take it. Do not take an extra tablet to make up for a missed dose. You should never take two tablets in one day. You can continue taking the tablet on your usual day from the following week.

If you regularly forget to take your medicine, speak to your pharmacist or GP. They can advise you about ways to help you take your medicine at the right time.

How long do I need to take it for?

You need to continue taking these tablets for some years. You should request repeat prescriptions from your GP. After five years you should ask your GP or consultant whether you need to continue to take the tablets

Are there side effects?

Most patients take these tablets for a long time with no problems. Some patients may experience indigestion, heart burn, difficulty or painful swallowing. If any of these side effects occur, stop taking alendronic acid and contact your GP. Speak to your GP as soon as possible if you experience any of these symptoms:

- Unusual thigh, hip, or groin pain
- Jaw or dental pain
- Ear pain, discharge from the ear or ear infection

As these side effects can be signs of rare but serious bone problems.

A detailed list of other side effects is available in the patient information leaflet that comes with the tablets. Take time to read this leaflet. Please speak to your pharmacist or GP if you are concerned about any side effects.