

HOW TO TAKE ALENDRONIC ACID / RISEDRONATE



Weekly

Once a week on the same day



Early

1st thing on waking up



Empty

30 minutes before food, drink & other medications



Extra Water

Drink a full glass of tap water



Upright

Stay upright for 30 minutes, sitting or standing

OTHER PRECAUTIONS

- On the day you take this tablet, **delay taking your Calcium & Vitamin D for at least 4 hours**. Calcium & Vitamin D helps Alendronate to work effectively. Calcium provides strength and rigidity while Vitamin D helps with Calcium absorption in your bones
- **Maintain good oral hygiene**: Inform your dentist about your treatment and let your GP / health care professional know of any dental procedures for more advice
- If during the course of treatment you **develop mid-thigh pain**, let your GP or health care professional know
- If you experience side effects such as indigestion or acid reflux, let your GP know
- If you have **been on this treatment for 5 years**, ask your GP or Health care professional to review