

ALENDRONIC ACID / FOSAMAX

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What does it do?

Alendronic acid is used to treat osteoporosis (weak bones). It helps to make your bones stronger and less likely to break. It is also sometimes used for other conditions.

How should you take it?

Take *alendronic acid* in the morning. You need to take it at least 30 minutes before food or drink and other medicines. *Alendronic acid* can damage your oesophagus (food pipe). To avoid this, take it with a large glass of water. Swallow the tablet whole, do not crush or chew it. Sit or stand upright for at least 30 minutes after taking a dose.

What if you forget a dose?

Weekly dose: Take the missed dose if you remember the next morning. If not, skip the dose and take the next week's dose at the usual time.

Daily dose: Skip the missed dose and take the next day's dose at the usual time.

Can you take other medicines?

Some medicines available without a prescription may react with *alendronic acid* including:

- calcium supplements (e.g. Calci-Tab®)
- iron supplements (e.g. Ferro-Tab®)
- antacids (e.g. Mylanta®)

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products or recreational drugs.

What side effects might you notice?

Side Effects	Recommended action
Trouble swallowing, chest pain Indigestion or heartburn (new or getting worse) Eye pain, changes in vision	Tell your doctor immediately
Joint, muscle or bone aches and pains Stomach upset	Tell your doctor if troublesome

If you notice any other effects, discuss them with your doctor or pharmacist.

Other information:

- Tell your doctor if you have kidney, parathyroid, dental or swallowing problems, or if you get heartburn or indigestion.
- Before you have any dental work, tell your dentist you are taking *alendronic acid*.
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.