

How to take your bisphosphonate tablets (alendronic acid or risedronate) for osteoporosis

Taking tablets for osteoporosis is a bit inconvenient compared to most other pills but it's not too difficult. Just follow these steps and remember it's only once a week.

The steps below will make sure the tablet gets into your blood stream to start working, and reduce the chances of possible irritation of your oesophagus (gullet).

1. On waking up, get up and swallow your alendronic acid or risedronate whole with a full glass of plain water only (not less than 200 ml)
2. Stay fully upright (sitting, standing or walking) for at least 30 minutes after swallowing the tablet so don't lie down, or go back to bed!
3. Alendronic acid or risedronate only work if your stomach is empty. After swallowing your tablet, wait at least 30 minutes before taking your first food, drink, or any other medicines.
After 30 minutes you can have your breakfast and other medication.

Remember

- Don't take alendronic acid or risedronate with mineral water, tea or coffee, juice or milk.
- Do not crush or chew the tablet or allow it to dissolve in your mouth.
- Do not take alendronic acid or risedronate at bedtime or before getting up for the day.
- If you develop difficulty or pain on swallowing, new or worsening heartburn or chest pain stop taking this medicine and tell your doctor.

Have a dental check-up before starting bisphosphonate treatment and have regular check-ups whilst on treatment.

More information is available from your pharmacist.