

Your Weekly Bone-Strengthening Tablet

Alendronate · Risedronate · Ibandronate (for osteoporosis)

Your medicine: _____ Take on: _____

Circle your day: MON TUE WED THU FRI SAT SUN

How to take it — this matters

This tablet is absorbed very poorly, and it can irritate your food pipe. Taking it correctly is as important as taking it at all.

- **Once a week, on the same day** — first thing in the morning.
- **Before anything else.** No food, no tea, no other tablet.
- Swallow it **whole with a full glass of plain water.** Not tea, not milk, not juice. Do not crush or chew it.
- **Stay sitting or standing upright for 30 minutes.** Do not lie down or go back to bed.
- After 30 minutes you may have your breakfast and your other medicines.
- Take your **calcium and iron tablets at least 2 hours later** — they stop this tablet from working.

IF YOU FORGET A DOSE

Take it the next morning, then go back to your usual day the following week. Never take two tablets on the same day.

BEFORE ANY DENTAL WORK

Tell your dentist you are on this medicine. If you need a tooth removed, tell us first.

CONTACT US IF YOU GET

- **New pain in your thigh or groin** — even if it is mild. Do not ignore this one.
- Heartburn, chest pain, or difficulty or pain on swallowing.
- Pain, swelling or numbness in the jaw, or a tooth socket that will not heal.

How long? This is a long-term medicine, usually for several years. It works silently — you will not feel it working. **Do not stop it on your own** because you feel fine. We will review when it is time to stop.

