

Your Daily Bone-Building Injection

Teriparatide — for severe osteoporosis

Dose: 20 mcg once daily **Started on:** **Planned until:**

Why this one is different

Most bone medicines slow down bone loss. This one is different — it actively **builds new bone**. It is used when bone is very weak or fractures have already happened. It is given for a **maximum of 24 months in your lifetime**, and must be followed by another bone medicine afterwards to hold on to the gain.

Giving the injection

- **Once a day, at the same time.** Evening often suits best.
- Inject into the fatty tissue of the **thigh or tummy**. Alternate the site each day.
- Take the pen out of the fridge a few minutes before, so it is not ice cold.
- Hold the button down for the full count stated in the pen instructions before withdrawing, so the whole dose goes in.
- **Keep the pen in the refrigerator** (2–8°C) at all times. Never freeze it. Do not leave it in a hot car or in sunlight.
- Replace the needle each time; dispose of needles in a hard container.

TAKE YOUR FIRST DOSE SITTING OR LYING DOWN

A few people feel dizzy or light-headed after the first one or two injections. It passes quickly and does not usually recur. Give the first dose where you can sit or lie down for a few minutes.

ALSO EXPECT

Mild nausea, leg cramps or aching at the injection site. Keep taking your **calcium and vitamin D** alongside — the new bone needs the raw material.

Do not miss doses. If you miss one, take it as soon as you remember on the same day, then continue normally. Never take two in one day.

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