

## ALENDRONIC ACID AND COLECALCIFEROL

*al-en-dron-ik ass id and koh-lee-kal-sif-er-ol*

### What does it do?

*Alendronic acid* and *colecalfiferol* is used to treat osteoporosis (weak bones). It helps to make your bones stronger and less likely to break.

### Before you start

- Tell your doctor if you have kidney, parathyroid, dental or swallowing problems, or if you get heartburn or indigestion.
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

### How should you take it?

Take the *alendronic acid* and *colecalfiferol* tablet once a week, on the same day each week. Take it 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?

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.

### Can you take other medicines?

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

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

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<br>Indigestion or heartburn (new or getting worse)<br>Eye pain, changes in vision | Tell your doctor immediately    |
| Joint, muscle or bone aches and pains<br>Stomach upset   | Tell your doctor if troublesome |

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

### Other information:

- Before you have any dental work, tell your dentist you are taking *alendronic acid* and *colecalfiferol*.
- You need enough calcium in your diet to make sure *alendronic acid* and *colecalfiferol* works properly for you. Discuss with your health professional.