ALENDRONIC ACID AND COLECALCIFEROL

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

What does it do?

Alendronic acid and *colecalciferol* 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 *colecalciferol* 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 *colecalciferol* including:

- antacids (e.g. Mylanta®) or products containing aluminium (e.g. Alu-Tab®), calcium (e.g. Calci-Tab®), iron (Ferro-tab®) magnesium (e.g. Chelated Magnesium®) or zinc (e.g. Zincaps®)
- products that also contain vitamin D (e.g. Centrum®)

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:

- Before you have any dental work, tell your dentist you are taking *alendronic acid* and *colecalciferol*.
- You need enough calcium in your diet to make sure *alendronic acid* and *colecalciferol* works properly for you. Discuss with your health professional.
- Rarely, *alendronic acid* and *colecalciferol* can cause an unusual thigh bone fracture. If you have used *alendronic acid* and *colecalciferol* for a long time, your doctor may suggest a break from it to help prevent this. Discuss this with your health professional. Tell your doctor if you have any new thigh, hip, or groin pain.
- *Alendronic acid* and *colecalciferol* is also known as alendronate and *colecalciferol*.