# RISEDRONATE

*ris-eh-dron-ate*

## What does it do?

*Risedronate* 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 *risedronate* once a week in the morning. You need to take it at least 30 minutes before food or drink and other medicines. *Risedronate* 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 *risedronate* 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®)

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 *risedronate*.
- Rarely, *risedronate* can cause an unusual thigh bone fracture. If you have used *risedronate* 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.