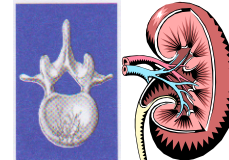


# ABOUT YOUR MEDICINE

---

## **Bisphosphonates**

---



New Orleans  
Nephrology Associates, LLC

**Metabolic bone and stone center**

4409 Utica Street, Suite 100 Metairie, LA 70006

---

Phone (504) 457-3687

Jill S. Lindberg, MD, FACP, Director  
Friedrichs H. Harris, Jr., MD, FACP  
Steven A. Morris, MD  
Gabriel Rivera, MD  
Miguel F. Molina, MD  
Trac T. Le, MD  
Ashwin P. Jaikishen, MD

## **Ibandronate (Boniva)**

150 mg once a month

## **Alendronate (Fosamax)**

70 mg once a week

## **Risedronate (Actenol)**

35 mg once a week

### **About Your Medicine**

#### **Who Should Avoid or Not Take This Medicine:**

Do not take this medicine if you have had an allergic reaction to bisphosphonates (family of Alendronate or Risedronate) or if you have very low levels of calcium in your blood (hypocalcemia). In addition, if you have severe liver or kidney failure, you should not take these medicines.

#### **How to Take and Store This Medicine Tablets:**

- The prescribed dose of your medicine. You should attempt to take this medicine on the same day each week (Alendronate or Risedronate), or the same day of each month (Ibandronate) if at all possible. However, if you miss a day, do not worry, just take the missed dose on the next day.
- Take the medicine first thing in the morning before you eat or have anything to drink. Swallow the tablet with a large glass of plain water only (not mineral water, coffee, juice, or any other kind of liquid).
- Then wait 30 – 60 minutes before you eat or drink anything or take any other medicines. Wait for 30 – 60 minutes before eating or drinking any other fluid (coffee, juice, etc) so the medicine can be absorbed better.
- Do not lie down for at least 30 minutes after taking the medicine so the medicine has a chance to go to your stomach and is less likely to hurt your esophagus (swallowing tube).
- Store your medicine at room temperature, away from heat, moisture, and direct light. Keep the container tightly closed.
- Keep all medicine out of reach of children.

#### **If You Miss a Dose:**

- Take the missed dose as soon as possible, unless it is almost time for your next dose.
- Skip the missed dose if it is almost time for your next dose.
- Do not take two doses at the same time.
- Please remember that this is a preventive medicine. If you have to miss one to two weeks of this medicine due to an illness (such as being hospitalized or having a viral illness) you will not “hurt your bones”.

#### **Drugs and Foods to Avoid:**

- Ask your doctor or pharmacist before taking any other medicine, including over-the-counter products.
- Wait at least 30 – 60 minutes after you take your medicine before taking any other medicines.
- Make sure your doctor knows if you are also taking large amounts of aspirin, Aleve, B.C.s or Goody's, or any products that have aspirin in them. It is perfectly fine to take your daily aspirin for your heart disease while you are taking this medicine. Taking aspirin-like products with Ibandronate, Alendronate, or Risedronate may cause stomach upset or stomach problems.

#### **Warnings:**

Check with your doctor before taking this medicine if you have kidney disease, liver disease, trouble swallowing, ulcers, heartburn, or any kind of stomach problems.

#### **Side Effects:**

##### **CALL YOUR DOCTOR RIGHT AWAY IF YOU HAVE ANY OF THESE SIDE EFFECTS:**

- Bloody bowel movements or vomit
- Rash

If you have problems with these less serious side effects, talk with your doctor.

- Upset stomach, indigestion
- Acid reflux (acid like material coming from the stomach into your esophagus and/or mouth)
- Stomach pain
- Gas
- Muscle pain

**IF YOU HAVE OTHER SIDE EFFECTS THAT YOU THINK ARE CAUSED BY THIS MEDICINE, TELL YOUR DOCTOR.**

