

Risedronate in Bone Health

What is risedronate?

Risedronate is an oral medicine (taken by mouth) used to prevent and treat osteoporosis.

What do I need to tell my doctor BEFORE I take this medicine?

Before taking risedronate, tell your doctor if you:

- Smoke.
- Have any allergies, including the reactions you had.
- Have known health problems, such as:
 - » Problems with your esophagus
 - » Trouble swallowing
 - » Asthma
 - » Low calcium levels in the blood, or
 - » Kidney disease.
- Are taking other prescription medicines (especially other osteoporosis medicines) or non-prescription medicines (including vitamins, minerals, herbals, or supplements).
- Are or may be pregnant, plan on getting pregnant, or are breastfeeding. You and your doctor will talk about the benefits and risks of risedronate to you and the baby.

Taking risedronate can cause severe problems with your esophagus, like irritation, swelling, ulcers, and bleeding, or can worsen asthma.

- Are not able to stand or sit up for 30 minutes.
- Are already using another medicine that has risedronate in it (such as Actonel or Atelvia).
- Are taking any medicines that reduce stomach acid, such as:
 - » cimetidine
 - » dexlansoprazole
 - » esomeprazole
 - » famotidine
 - » lansoprazole
 - » nizatidine
 - » omeprazole
 - » pantoprazole
 - » rabeprazole, or
 - » ranitidine.



What must I do while on this medicine?

While on risedronate:

- Tell all of your healthcare providers that you are taking this medicine. This includes your doctors, nurses, pharmacists, and dentists. This medicine may affect the results of certain lab tests.
- Get the blood work that your doctor orders. These tests check how well your body is responding to the medicine.
- Take calcium and vitamin D supplements and do weight-bearing exercises, like walking or physical therapy. Doing these while taking risedronate help the medicine work better.

How do I take this medicine?

Your doctor will primarily prescribe risedronate as a **delayed-release tablet** to take by mouth. **Take this medicine as your doctor has instructed.**

When taking the risedronate tablet...

- Take the tablet **right after breakfast.**
- **Sit or stand** while taking the tablet.
- **Swallow the tablet whole**, with at least **125 ml (½ cup)** of **plain water.**



- **Never** take the tablet with mineral water, milk, coffee, tea, juice, or other drinks.
- **Always** swallow the tablet whole. **Do not** chew, break, or crush the tablets.
- **Do not** suck on the tablet.
- For at least **30 minutes** after taking the tablet:

» **Do not** eat, drink, or take any other medicines.

» **Do not** lie down. Sit upright or stand instead.



What do I do if I miss a dose?

If you miss a dose, **take the missed dose the next morning.** Then go back to your normal schedule the following week.

- **Never** take 2 tablets at the same time or on the same day to make up for a missed dose.
- If you are not sure of what to do, call your doctor.
- **Do not** stop, skip, or delay treatment without talking to your doctor first. If you stop, skip, or delay treatment, you are increasing your chances for broken bones. This includes bones in the spine.

Where do I store this medicine?

To store risedronate, keep the container:

- In a dry place at room temperature. **Do not** store in a bathroom.
- In a safe place, out of the sight and reach of children and pets.

How do I safely throw out this medicine?

Throw out risedronate when it is expired or no longer needed. Speak to your pharmacist about the best way to throw out the medicine. You may have a medicine take-back program in your area.

Do not flush it down the toilet or throw it in the regular garbage.





If you have any questions or concerns, please contact:

Bone Health Clinic

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