

Metabolic Bone Unit

Alendronic acid: your new medication

What is it?

As you have recently broken a bone, now is the time to help to strengthen your bones. Therefore you have been prescribed alendronic acid.

Why do I need to take it?

The internal bone structure thins due to osteoporosis making bones more brittle and prone to breaking.

How will it help me?

This tablet can help to reduce the rate of bone deterioration and reduce your risk of broken bones in the future. The tablet will not make you feel any different but the good work is going on inside your bones, maintaining their strength.

How do I take it?

The tablet is taken once a week, first thing in the morning, on an empty stomach with a full glass of water. You will need to stay sitting or standing upright and wait half an hour before having breakfast.

How long for?

You need to continue taking these tablets for some years, so repeat prescriptions should be requested from your GP.

Are there side effects?

Most patients take these tablets long term with no problems. Some patients experience indigestion and if this is troublesome you should stop taking the tablets and contact your GP. Other side-effects are rare.

Other new medications

Together with the alendronic acid you will have been prescribed a calcium and vitamin D supplement. This may be in the form of large chewable tablets to be taken twice a day or a sachet of powder to be dissolved in water once a day.

These should be taken six days a week and missed out on the day the alendronic acid is taken. They should be taken for as long as you are taking the alendronic acid.

Alternatives

Any alternatives will be discussed with you if appropriate.



Addenbrooke's is smoke-free. You cannot smoke on site. For advice on quitting, contact your GP or the NHS smoking helpline free, 0800 169 0 169

Please ask if you require this information in other languages, large print or audio format: 01223 216032 or patient.information@addenbrookes.nhs.uk

Informacje te można otrzymać w innych językach, w wersji dużym drukiem lub audio. Zamówienia prosimy składać pod numerem: 01223 216032 lub wysyłając e-mail: patient.information@addenbrookes.nhs.uk

Polish

Se precisar desta informação num outro idioma, em impressão de letras grandes ou formato áudio por favor telefone para o 01223 216032 ou envie uma mensagem para: patient.information@addenbrookes.nhs.uk

Portuguese

Если вам требуется эта информация на другом языке, крупным шрифтом или в аудиоформате, пожалуйста, обращайтесь по телефону 01223 216032 или на вебсайт patient.information@addenbrookes.nhs.uk

Russian

若你需要此信息的其他語言版本、大字體版或音頻格式，請致電 01223 216032 或發郵件到: patient.information@addenbrookes.nhs.uk

Cantonese

Bu bilgiyi diger dillerde veya büyük baskılı ya da sesli formatta isterseniz lütfen su numaradan kontak kurun: 01223 216032 veya asagıdaki adrese e-posta gönderin: patient.information@addenbrookes.nhs.uk

Turkish

এই তথ্য বাংলায়, বড় অক্ষরে বা অডিও টেপে পেতে চাইলে দয়া করে 01223 216032 নম্বরে ফোন করুন বা patient.information@addenbrookes.nhs.uk ঠিকানায় ই-মেইল করুন।

Bengali

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