
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.



We are currently working towards a smoke free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169

Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or

patient.information@addenbrookes.nhs.uk



Document history

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