

Metabolic Bone Unit

Strontium ranelate (Protelos); 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 strontium ranelate (Protelos).

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 medicine can help to reduce the rate of bone deterioration and build bone and therefore reduce your risk of broken bones in the future. The medicine 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?

Strontium ranelate is a 2g sachet of tasteless powder that you take once daily by mixing it with water. It is usually taken preferably at bedtime, at least two hours after eating and wait for two hours after taking strontium ranelate before eating or drinking milk.

How long for?

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

Are there any side effects?

Most patients take these sachets long term with no problems, although some patients have experienced nausea or diarrhoea at the start of treatment. If this is troublesome and does not resolve, you should stop taking the sachets and contact your GP. Other side-effects are rare. Check with your doctor or pharmacist if you have any concerns and always read the information leaflet inside the pack.

Other new medications

Together with the strontium ranelate 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 daily but not in the two hours before or two hours after you have taken the strontium ranelate. They should be taken for as long as you are taking the strontium ranelate.

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

Authors	Metabolic Bone Unit
Department	Cambridge University Hospitals NHS Foundation Trust, Hills Road, Cambridge, CB2 0QQ www.cuh.org.uk
Contact number	01223 245151
Publish/Review date	February 2011/February 2014 (no changes made)
File name	Strontium_renelate_(protelos)
Version number/Ref	2/PIN2267