

# 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.

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.

- 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.



## 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.



## What are some side effects of this medicine?

All medicines may cause side effects, but severe side effects are rare.

**Call your doctor or go to your nearest Emergency Department right away if you have any of these signs or symptoms:**



- Signs of an allergic reaction, such as rash, hives, itchiness, or red, swollen, blistered or peeling skin, with or without fever (temperature at or above 38°C or 100.4°F)
- Trouble breathing, swallowing, or talking
- Chest pain, heartburn
- Signs of low calcium levels, such as muscle cramps or spasms, body numbness and tingling, or seizures
- Signs of high blood pressure, such as a very bad headache, dizziness, passing out, change in eyesight
- Coughing up or throwing up blood or throw up that looks like coffee grounds
- Any new or unusual pain in your thigh, groin, or hip
- A change in eyesight, eye pain, or very bad eye irritation
- Black, tarry, or bloody poo
- Trouble peeing or pain when peeing.

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**If you have any questions or concerns, please contact:**

**Bone Health Clinic**

(Level 1, inside the Healthy Living Clinic)

Humber River Hospital

1235 Wilson Ave., Toronto, Ont. M3M 0B2

Tel: (416) 242-1000 ext. 21800