



General Authority for Health Services  
for the emirate of Abu Dhabi

## Generic name: **Alendronate**



### **Why is this medication used?**

This medication is used to help prevent or slow the weakening of the bones (osteoporosis). Sometimes this medication is also prescribed for other uses as decreasing the chances of bone fractures developing.



### **How should this medication be used?**

Alendronate comes as a tablet available in two strengths, a 10 mg tablet to be taken daily, and a 70 mg tablet to be taken once weekly.

- Alendronate should be taken once a day in the morning on an empty stomach with a full glass of water.
- Do not take Alendronat at same time with coffee, orange juice, milk or other dairy products.
- Wait at least 30 minutes after taking the medication before you eat, drink or take any other medications.
- After taking Alendronate try to remain in an upright position for at least 30 minutes.



### **What special precautions should I follow?**

- Inform your physician if you are using any other medication, having any medical condition or experienced any allergic reactions to any medication before.
- You should Store this medication at room temperature, away from heat, moisture, and direct light. Keep all medications away from children.



### **What special dietary instructions should I follow?**

Your physician may prescribe calcium and vitamin D supplements while you are taking Alendronate. These supplements are important for maintaining the strength of your bones.



### **What should I do if I forget to take a dose?**

If you miss a dose, take the medicine as soon as you remember. If it is time for your next dose, take only one dose. Do not double up the doses.



### **What side effects can this medication cause?**

If you experience the following side effects and they become bothersome or do not go away, inform your doctor: gas, bloating, constipation, diarrhea, heartburn, stomach upset or irritation, acid reflux.

**Tell your doctor if you experience difficulty in swallowing while taking this medication.**