







# ORAL BISPHOSPHONATE ADMINISTRATION\*

<p><u>Once a week:</u> alendronate 70 mg risedronate 35 mg</p> <p><u>Once a month:</u> risedronate 150 mg</p>	
<p><b>First thing in the morning, on an empty stomach</b></p> <p><b>DO NOT</b> give with any other morning medications. It will NOT be absorbed or effective if given after eating.</p>	
<p><b>With a full glass of water</b></p> <p><b>DO NOT</b> administer with milk, juice, coffee, tea, etc. It will NOT be absorbed or effective if given with anything other than water.</p>	
<p><b>Resident/patient should wait 30 min (60 min preferred) before eating or drinking, including other medications.</b></p> <p>The medication needs time to be absorbed. Absorption will stop when food or other medications enter the stomach.</p>	
<p><b>Do NOT crush/allow chewing of medication.</b></p> <p>It will NOT be well absorbed and may damage the esophagus or cause sores in the mouth if not taken whole.</p>	
<p><b>Patient should NOT lie down post-dose.</b> <b>Patient can sit or stand or walk.</b></p> <p>Patient can lie down AFTER breakfast- 30 min post dose (60min preferred). <b>DANGER:</b> Lying down after this medication may lead to an esophageal ulcer which may bleed or perforate.</p>	

\*Actonel DR (Actonel DR™) MUST be given WITH breakfast.