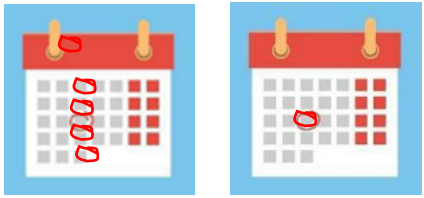







Oral Osteoporosis Medications: Alendronate and Risedronate

<p>Choose a day that you will remember to take your pill.</p> <p>once per _____ on _____</p> <p>(If you forget your dose on your usual day, it is okay to take it the next day and return to your usual day next week.)</p>	
<p>Take your pill first thing in the morning, on an empty stomach.</p> <p>DO NOT take with any other morning medications. It will NOT be absorbed or effective if taken after eating.</p>	
<p>Take your pill with a full glass of water.</p> <p>DO NOT take with milk, juice, coffee, tea, etc.</p>	
<p>Remember to wait a full 30 minutes (1 hour preferred) before eating, drinking, or taking other medications.</p> <p>The medication needs time to be absorbed. Absorption will stop when food or other medications enter the stomach.</p>	
<p>Do NOT crush or chew the medication.</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>DO NOT lie down after you take your pill. Stay upright (sit, stand or walk) at least until after the first food of the day.</p> <p>WARNING: Lying down too quickly (prior to 30 minutes or before first food of the day) after taking this medication is NOT safe and may lead to <u>serious</u> stomach issues (including esophageal ulcers which can bleed or perforate).</p>	

If you experience side effects such as persistent heartburn, nausea or severe diarrhea even though you follow these instructions, please talk to your doctor about other options.