

## Risedronate (Actonel®)

### What is Risedronate (Actonel®)?

Risedronate is commonly known by the brand name **Actonel®**. Actonel® is a bisphosphonate and is used in the prevention and treatment of osteoporosis. Actonel decreases the rate bone cells are absorbed. This reduced absorption allows the body to increase bone density, which in turn reduces the risk of fracture.

### How do I take it?

Actonel® is taken once weekly or once daily. Pills are available in 5mg, 30mg, and 35mg strength. The usual dosage for osteoporosis prevention and treatment is 35 mg once weekly, or 5 mg once daily. You doctor will tell you how many pills to take and how often. Follow your doctor's directions. For the best results, **take these pills at least 30 minutes before the FIRST food or drink of the day with a full glass of water** (6 to 8oz.). Do not take it in combination with other medications or any vitamin or food supplements. **DO NOT LIE DOWN FOR A FULL HALF HOUR TO REDUCE THE RISK OF UNWANTED SIDE EFFECTS.**

### What else should I know?

Actonel® may cause irritation or ulceration of the esophagus, however, this is very unlikely if you are able to stand or sit upright for at least 30 minutes after taking the medication. Individuals with untreated calcium deficiency or with severe renal impairment **should not** use this treatment. The effects of Actonel® during pregnancy or while nursing are unclear and should be discussed with your doctor.

### What about other medications?

When you are taking Actonel®, it is very important that your doctors know if you are taking any other medicine. This includes prescription and non-prescription medicines as well as vitamins and herbal supplements.

Actonel® treatment should be taken on its own without any other medications, and you must wait at least 30 minutes before taking other drugs. It is best to have your doctor's advice before adding another medication to your daily routine.

### Instructions:

I will take Actonel® ( \_\_\_\_\_ mg) \_\_\_\_\_ # pills at \_\_\_\_\_ time every day/every week. I will  
call my doctor with any problems.