

## **RISEDRONATE**

### **What is Risedronate and how does it work?**

Risedronate is a bisphosphonate. These drugs increase bone strength (or bone density).

### **What is Risedronate used for?**

It is used to prevent or treat Osteoporosis (soft, brittle bones that break more easily). It is also used to treat other conditions:

- Early stages of osteonecrosis
- Paget's disease.

This drug works better when used with calcium, vitamin D and regular exercise.

### **How is Risedronate taken?**

This delayed-release tablet is taken by mouth, once a week in the morning, before breakfast. We suggest you choose one day (eg Friday morning) so that you remember. so it is recommended to take the tablet

- You must take risedronate tablets immediately after you get out of bed in the morning and before you eat or drink anything.
- Swallow the tablet with a full glass of plain water while you are sitting or standing.
- Swallow the tablet whole. Do not split, chew, or crush them. Do not suck on the tablets.
- After you take risedronate, do not eat, drink, or take any other medications for at least 30 minutes. This tablet can cause stomach and foodpipe symptoms (eg heartburn), and for this reason we recommend that you do not lie down for at least 30 minutes after you take risedronate. Sit upright or stand upright until at least 30 minutes have passed.
- If you forget to take your risedronate tablet, take it the next day.

Take risedronate exactly as directed. Do not take more or less of it or take it more often or for a longer period of time than prescribed by your doctor.

### **What do I need to tell my doctor BEFORE I take Risedronate?**

- About all of your other medications (prescriptions or over-the-counter, natural products, vitamins) and health problems including low calcium levels or kidney problems.
- If you are allergic to any medications, any other drugs, foods, or other substances.
- If you are pregnant, planning to fall pregnant or breastfeeding. This drug may cause harm to an unborn baby. Avoid getting pregnancy while you are taking it.

**What are some things I need to know or do while I take Risedronate?**

- Take calcium and vitamin D as you have been told by your doctor
- Take a good care of your teeth. See a dentist often
- The bone density test (DEXA) will be repeated every 3 years to decide on the need for further treatment

**What are some of the side effects of Risedronate?**

All drugs may cause side effects. However, many people have no side effects or only minor side effects with Zoledronic acid.

Call your doctor or go to your local clinic / day hospital if any of these side effects bother you or do not go away:

- Feeling dizzy, tired or weak
- Flu-like symptoms – fevers, chills, headache
- Back, bone, joint, muscle, or neck pain
- Upset stomach or vomiting
- Stomach pain or heartburn
- Diarrhea or constipation

Very rare side-effects:

- Jawbone problems (osteonecrosis of the jaw)
- Broken bone in the thigh (atypical femur fracture)

→ If either of these rare side effects occur, inform the doctor who is looking after you that you are taking **Risedronate**

These are not all of the side effects that may occur. If you have questions about side effects, talk to your doctor.

**Contact us:**

- Talk to your rheumatologist and rheumatology nurse at your next appointment or phone during clinic times (021) 404 5394 (Monday or Friday) or (021) 404 5313 (Thursday)
- The SA arthritis foundation ([www.arthritis.org.za](http://www.arthritis.org.za), 021 425 2344) is the charity leading the fight against arthritis, and offers online or telephone advice.