

PATIENT'S NAME:

MEDICATION: alendronate sodium (Brand is name Fosamax.)

WHAT IT'S USED FOR: Alendronate sodium is used to prevent or treat osteoporosis and other bone diseases.

HOW TO TAKE IT

- Take drug first thing in morning with water only (6 to 8 ounces), at least 30 minutes before having your first food, beverage, or medication of the day.
- Don't eat or drink anything or take other drugs by mouth for at least 30 minutes after taking this drug.

WARNINGS & PRECAUTIONS!

- Tell prescriber if you're unable to stand or sit upright for 30 minutes after taking drug, because this could put you at risk for serious problems in your esophagus.
- Report serious vomiting, severe chest or abdominal pain, difficulty swallowing, or abdominal swelling to prescriber right away.
- Tell prescriber if you are pregnant or breastfeeding.

SIDE EFFECTS

This drug may cause headache, high blood pressure, severe chest or abdominal pain, ulcers in esophagus, nausea, vomiting, diarrhea, constipation, acid regurgitation, passing gas, heartburn, stomach pain, abdominal swelling, difficulty swallowing, abnormal taste, urinary tract infection, anemia, fluid build-up, bone or muscle pain, rash, redness, or skin sensitivity to sun or sun lamps. Notify your prescriber if any of these symptoms become bothersome.

INTERACTIONS

- Alendronate may interact with antacids, calcium supplements, and some ulcer drugs. Tell all prescribers you're taking it.
- Don't use over-the-counter products containing calcium without consulting your prescriber.
- Aspirin and other anti-inflammatory drugs may worsen GI upset. Discuss use of other pain medications with prescriber.

STORAGE

- Store drug in tightly closed container at room temperature.

ADDITIONAL POINTS:

- You'll need to have blood and urine tests while taking this drug.

Your initials: _____

Date: _____

nursesdrughandbook.com/Patient Teaching Aid
© 2004 Nursing Spectrum. All rights reserved.

WARNING: Every effort has been made to ensure that the information provided on the nursesdrughandbook.com website is accurate, up-to-date, and complete; however, no guarantee is made to that effect and nursesdrughandbook.com is not responsible for any errors or omissions or from any consequence from your use of such information.