

Actonel (risedronate)

What is Actonel ?

- Medication used for:
 - the prevention or treatment of osteoporosis in women after menopause
 - the prevention or treatment of osteoporosis in men or women receiving corticosteroids [for example, prednisone]
- Not a hormone, acts only on bone
- Increases bone mass and reduces the risk of spine and hip fractures

How would I take Actonel ?

- Actonel can be taken at a dose of 5mg/day or 35mg once a week
- After getting up for the day, and before food, drink or other medications, you swallow Actonel with a 6-8 oz glass of plain water (no other liquid)
- After swallowing the Actonel, do not lie back down but stay upright (sitting, standing, for walking) for at least 30 minutes
- After swallowing the Actonel, wait at least 30 minutes before your first food, drink or other medications
- Do not take at bedtime or before getting up for the day

What if I miss a dose of Actonel ?

- If you miss a dose, do not take it later in the day.
- If you are on a daily dose, skip the missed dose and take at the usual time the next day
- If you are on a weekly dose, take the missed dose the next morning and resume your regular weekly dose as previously scheduled

What are the possible side effects of Actonel ?

- Side effects with Actonel are not common but may include:
 - Irritation, inflammation or ulcers of the esophagus
 - Heartburn
 - Pain with or difficulty swallowing
 - Abdominal pain
 - Bone, joint or muscle pain - rare
 - Transient flu like symptoms, usually at the start of treatment
 - Localized problem with impaired bone healing in the jaw often following removal of a tooth or with infection - rare.

Are there people who should not take Actonel ?

- Remember, your doctor will prescribe this medication for you if the benefits to you are greater than the risk of side effects
- This medication is not recommended:
 - If you have problems with your esophagus [tube that connects your mouth to your stomach]
 - If you cannot sit or stand upright for at least 30 minutes
 - If you have low levels of calcium in your blood
 - If you have severe kidney disease
 - If you are allergic to Actonel or any of its ingredients
 - If you are pregnant or could become pregnant
 - If you are breast feeding

PLEASE REMEMBER:

This is a summary of key information about Actonel and does not take the place of discussion with your doctor. Always ask your doctor, pharmacist or health care provider if you have any questions about Actonel or Osteoporosis

Successful prevention or treatment of Osteoporosis involves more than medication and includes a balanced diet with adequate intake of calcium and Vitamin D, avoidance of cigarette use and daily weight bearing exercise activities.



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