

Risedronate (Actonel®)

Patient Information Sheet

Basic Information about Risedronate

- Risedronate (Actonel®) is medication used to treat or prevent osteoporosis. Osteoporosis is weakening of the bones that increases the risk of broken bones, particularly in the spine, hip, or wrist. Risedronate is also used to treat a bone disease known as Paget's disease.
- Risedronate (Actonel®) tablets come in 5 mg, 30 mg, and 35 mg sizes. **Your dose is listed on the other side of this form.**
- *Risedronate must be taken in a very specific manner for it to work, and so that it does not cause side effects. Please see the specific instructions listed below and on the other side of this form.*

What Side Effects Can Risedronate Cause?

- The most concerning potential side effect of risedronate is irritation to the esophagus (swallowing tube) or stomach. *The risk of these side effects is greatly reduced if you do not lie down for at least 30 minutes after taking risedronate.* If you have pain beneath your breastbone, pain with swallowing, difficulty swallowing, or your bowel movements turn red or black you should stop risedronate and notify your doctor.
- Risedronate can sometimes cause a rash or other side effects. If you develop a rash or have other unexplained symptoms, please report these to your doctor.

Are There Special Precautions for People Who Take Risedronate?

- If you have inflammation in your esophagus (swallowing tube) or a blockage in your esophagus that makes it difficult to swallow food, you should not take risedronate unless directed to do so by your doctor. If you have had stomach or intestinal ulcers in the past or if you have frequent heartburn (gastroesophageal reflux, GERD) you should not take risedronate unless specifically instructed to do so by your doctor.
- Risedronate should not be taken by people with certain types of kidney disease or low blood calcium.
- People who take risedronate must follow specific instructions when taking the medication. If the instructions are not followed, risedronate may not work to protect the bones or it may be more likely to cause side effects like irritation in the esophagus (swallowing tube). Specific instructions include the following:
 - Take risedronate after getting up, but *before* you have any food or drink except plain water (any food or coffee, juice, or mineral water will keep risedronate from working).
 - Take risedronate with a full glass of water.
 - Wait at least 30 minutes before eating any food or drinking anything besides water (drinking plain water is okay).
 - Do not lie down for at least 30 minutes after taking risedronate.
- If you become pregnant, stop risedronate and notify your doctor.

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What is My Dose?

RISEDRONATE (ACTONEL®)

- 5 MG TABLET
- 30 MG TABLET
- 35 MG TABLET

- TAKE 1 PILL ONE MORNING PER WEEK (SEE INSTRUCTIONS BELOW*)
- TAKE ___ PILLS ONE MORNING PER WEEK (SEE INSTRUCTIONS BELOW*)
- TAKE 1 PILL EACH MORNING (SEE INSTRUCTIONS BELOW♦)
- TAKE ___ PILLS EACH MORNING (SEE INSTRUCTIONS BELOW♦)

INSTRUCTIONS FOR TAKING RISEDRONATE ONE MORNING PER WEEK*

- TAKE RISEDRONATE TABLETS ON THE SAME DAY EACH WEEK (FOR EXAMPLE, EVERY SUNDAY)
- TAKE RISEDRONATE AFTER GETTING UP, BUT *BEFORE* YOU HAVE ANY FOOD OR DRINK EXCEPT PLAIN WATER (ANY FOOD OR COFFEE, JUICE, OR MINERAL WATER WILL KEEP RISEDRONATE FROM WORKING)
- TAKE RISEDRONATE WITH A FULL GLASS OF WATER
- WAIT AT LEAST 30 MINUTES BEFORE EATING ANY FOOD OR DRINKING ANYTHING BESIDES WATER (DRINKING PLAIN WATER IS OKAY)
- DO NOT LIE DOWN FOR AT LEAST 30 MINUTES AFTER TAKING RISEDRONATE

INSTRUCTIONS FOR TAKING RISEDRONATE EACH MORNING♦

- TAKE RISEDRONATE AFTER GETTING UP, BUT *BEFORE* YOU HAVE ANY FOOD OR DRINK EXCEPT PLAIN WATER (ANY FOOD OR COFFEE, JUICE, OR MINERAL WATER WILL KEEP RISEDRONATE FROM WORKING)
- TAKE RISEDRONATE WITH A FULL GLASS OF WATER
- WAIT AT LEAST 30 MINUTES BEFORE EATING ANY FOOD OR DRINKING ANYTHING BESIDES WATER (DRINKING PLAIN WATER IS OKAY)
- DO NOT LIE DOWN FOR AT LEAST 30 MINUTES AFTER TAKING RISEDRONATE