The Oxfordshire Osteoporosis and Metabolic Bone Service
01865 227647

The Fracture Prevention Service
01865 227647

National Osteoporosis Society
Website: www.nos.org.uk
Information: 01761 473117
Help line: 0845 450 0230

Database of patient experiences of different health conditions
www.dipex.org

For further patient information on drugs http://emc.medicines.org.uk

www.patient.co.uk

National Electronic Library for Health www.library.nhs.uk

The National Osteoporosis Society Patient Information sheets and booklets Family Doctor Series (BMA) ‘Understanding Osteoporosis’

Risedronate (Actonel)

Drug Information Leaflet
What is Risedronate?

Risedronate is a drug used for the treatment of osteoporosis.

You will have been prescribed Risedronate to reduce the risk of fracture. If you have already experienced a fracture then the aim is to increase bone strength and reduce the risk of further and more serious fractures.

Risedronate works by slowing down the breakdown of bone.

It has been shown to reduce the risk of fractures in the spine, hip and wrist.

How to take Risedronate.

Take Risedronate ONCE A WEEK first thing in the morning, on an empty stomach.

Swallow the tablet whole (do not crush or chew) with a full glass of water.

Stand or sit upright for at least 30 minutes afterwards.

Do not take any other medication, breakfast or drinks except water for at least 30 minutes.

Take the Risedronate on the same day each week, if you forget a tablet then take it the next morning.

Remember: on the day you take your Risedronate, take your calcium and vitamin D tablets in the evening.

What are the side effects of Risedronate?

Generalised aches and pains may occur, but these usually get better. Nausea, indigestion, constipation or diarrhoea can also occur.

Important: if you experience pain or difficulty when swallowing, new or worsening heartburn stop taking Risedronate and contact your GP.

If you stop taking Risedronate, please consult your GP so an alternative therapy can be considered.