Useful contacts and further reading

The Oxfordshire Osteoporosis and Metabolic Bone Service
01865 227647

The Fracture Prevention Service
01865 227647

National Osteoporosis Society
Website: www.nos.org.uk
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)

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**Strontium Ranelate (Protelos)**

**Drug Information Leaflet**

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**Contact Details**

The Oxfordshire Osteoporosis Service
Dept of Metabolic Bone Disease
Nuffield Orthopaedic Centre
Windmill Road
Headington
Oxford

Phone: 01865 227647
www.noc.nhs.uk
www.nhs.uk


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What is Strontium Ranelate?

Strontium Ranelate is a drug used for the treatment of osteoporosis.

You will have been prescribed Strontium Ranelate 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.

Strontium Ranelate works by slowing down the breakdown of bone and stimulating the formation of new bone.

It reduces the risk of fractures in the spine and hip.

How to take Strontium Ranelate.

Disperse the contents of the sachet in a glass of water. If powder remains in the bottom of the glass add more water.

Take once a day at bedtime, at least 2 hours after taking food and milk containing drinks. You do not need to sit upright once you have taken Strontium Ranelate.

The absorption of the drug is affected by food and drink in the stomach. Eat and drink nothing (except water) for a further 2 hours.

Ensure calcium and vitamin D tablets are taken at least 2 hours before the Strontium Ranelate.

Painkillers and sleeping tablets should not affect Strontium Ranelate, but consult your GP or Pharmacist with any concerns.

What are the side effects of Strontium Ranelate?

Nausea and diarrhoea may occur at the beginning of treatment, but these only last a short period of time and usually get better.

There is a slight, but rare, increased risk of deep vein thrombosis (blood clots in the leg). People who have experienced these in the past may be advised not to take Strontium Ranelate. If you develop swelling of the leg please consult your GP.

Important: if a rash occurs, stop taking Strontium Ranelate immediately and speak to your GP as soon as possible.

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