Drug You Were Given	Uses	How to take this medication	Common Side Effects	Precautions
□ Calcium / Vitamin D	Calcium supplements are required when dietary calcium intake is insufficient In osteoporosis, sufficient calcium intake is necessary to reduce the rate of bone loss Vitamin D aids in the absorption of Calcium	Take after food as directed by your doctor How much calcium you need is dependent on your age, gender, diet, medications you are on and bone mineral density Women >50 years old require 1200mg – 1500mg of elemental calcium	Mild stomach upset, constipation	If you are on any other medications please inform your doctor or your pharmacist. Calcium may interact with several medications Note: Calcium carbonate is a salt form of Calcium, it only contains 40% of elemental calcium
☐ Bisphosphonates Alendronate (Fosamax®) Risedronate (Actonel®)	Reduces breakdown of bone Used in the prevention and treatment of osteoporosis and Paget's disease (a bone weakening disorder)	Take this medication with a full glass of plain water (about 250ml) first thing in the morning at least 30 minutes before consuming any food or beverage Do not lie down for at least 30 minutes after taking the medication If you are on the once weekly preparation, take the tablet on the same day every week	Stomach pain, stomach fullness, gas, constipation, headache If you experience difficulty swallowing, new or worsening heartburn, or pain on swallowing, please seek medical advice	Take all other oral medications at least 30 minutes after taking this medication Take calcium, iron supplements and antacids at least 2 hours after taking this medication



If any of the side effects persist or worsen, please notify your doctor or pharmacist. If you experience an allergic reaction to any of these drugs, seek immediate medical attention. Symptoms of an allergy include rash, hives, itching, swelling and difficulty in breathing. If you have any enquiries about your medications, please do not hesitate to contact our friendly pharmacists at:

Khoo Teck Puat Hospital, 90, Yishun Central, Singapore 768828. Tel: 6602 2220

The information provided in this leaflet is intended to supplement, not as a substitute for, the expertise and judgment of your doctor, pharmacist or any other healthcare professional. Please consult your healthcare provider before using this agent.