


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