



**Liverpool University Hospitals**  
NHS Foundation Trust

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# About your Medicines – Protecting your bones

If you have had a fall, you may be started on some new medicines to protect your bones in the future.

This leaflet gives some important information about two groups of medicines which you may be started on.

## Calcium and Vitamin D supplements

These supplements can be taken to help strengthen your bones.

Adcal D3<sup>®</sup>                      Calcichew D3 Forte<sup>®</sup>  
Cacit D3<sup>®</sup>                      Calfovit D3<sup>®</sup>  
Calci-D<sup>®</sup>

### How should I take my tablets?

- These are taken once or twice a day – see your prescription for details.
- Adcal D3<sup>®</sup>, Calcichew D3 Forte<sup>®</sup> and Calci-D<sup>®</sup> tablets can be sucked or chewed. Dissolvable or caplet forms are available if needed.
- Cacit D3<sup>®</sup> and Calfovit D3<sup>®</sup> sachets should be dissolved in water before taking.
- Calcium supplements should be taken at different times to levothyroxine or iron tablets. Please speak to your doctor or pharmacist if you have any questions.

### Where can I find out more about my tablets?

More information about these tablets can be found in the patient information leaflet found in your tablet box.

Alternatively you can contact medicine information on 0151-529-3208.

## Bisphosphonates

Bisphosphonates are used to treat and prevent conditions which affect your bones. Most common available:

- Alendronic Acid tablet 70mg weekly
- Risedronate tablet 35mg weekly

### How should I take my tablets?

- These tablets should be taken once a week.
- Pick a day of the week (Monday to Sunday) to take your tablet. If you forget just take on the following day. Try not to skip doses.
- Take on an empty stomach, 30 minutes before breakfast and other medicines.
- Swallow whole and take with a full glass of water.
- Stay standing or sitting upright for 30 minutes after taking. Do not lie down.

### Are there any side effects?

Most people do not get side effects but some of the more common side effects which patients may experience are:

- Diarrhoea or constipation
- Joint or muscle pains

If you experience any of these common side effects please speak to your GP or pharmacist.

Some patients can develop symptoms of oesophageal irritation such as swallowing difficulties, new or worsening heartburn, pain on swallowing or retrosternal pain.

If this happens to you, stop taking this medication and speak to your doctor.

It is important to maintain good oral hygiene and receive routine dental check-ups which can reduce the risk of some side effects.

Tell your dentist you have been started on this medication.

### **Rare or very rare side effects**

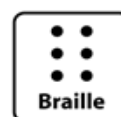
There are some side effects which will only affect a very small proportion of patients. If you notice any of the below symptoms during treatment please contact your doctor.

- Any oral symptoms including dental mobility, pain, swelling, non-healing sores or discharge
- Any thigh, hip, or groin pain
- Any ear pain, discharge from ear or an ear infection

Please contact your GP for reassessment if you have been taking this medication for more than 5 years:

The information in this leaflet is taken from:

1. Joint Formulary Committee. *British National Formulary*. Ed 63. London: BMJ Group and Pharmaceutical Press; 2012.
2. [www.medicines.org.uk](http://www.medicines.org.uk)



### **If you require a special edition of this leaflet**

This leaflet is available in large print, Braille, on audio tape or disk and in other languages on request. Please contact:

**Tel No: 0151 529 2906**

**Email: [interpretationandtranslation@aintree.nhs.uk](mailto:interpretationandtranslation@aintree.nhs.uk)**