PATIENT & CAREGIVER EDUCATION

Etidronate and Calcium Carbonate

This information from Lexicomp® explains what you need to know about this medication, including what it’s used for, how to take it, its side effects, and when to call your healthcare provider.

Brand Names: Canada
ACT Etidrocal

What is this drug used for?

- It is used to prevent or treat soft, brittle bones (osteoporosis).

What do I need to tell my doctor BEFORE I take this drug?

- If you have an allergy to etidronate, calcium, or any other part of this drug.
- If you are allergic to any drugs like this one, any other drugs, foods, or other substances. Tell your doctor about the allergy and what signs you had, like rash; hives; itching; shortness of breath; wheezing; cough; swelling of face, lips, tongue, or throat; or any other signs.
- If you have soft bones (osteomalacia).
- If you are pregnant or may be pregnant. Do not take this drug if you are pregnant.
- If you are breast-feeding or plan to breast-feed.

This is not a list of all drugs or health problems that interact with this drug.

Tell your doctor and pharmacist about all of your drugs (prescription or OTC, natural products, vitamins) and health problems. You must check to make sure
that it is safe for you to take this drug with all of your drugs and health problems. Do not start, stop, or change the dose of any drug without checking with your doctor.

**What are some things I need to know or do while I take this drug?**

**All products:**

- Tell all of your health care providers that you take this drug. This includes your doctors, nurses, pharmacists, and dentists.
- Have a bone density test as you have been told by your doctor. Talk with your doctor.
- This drug works best when used with calcium/vitamin D and weight-bearing workouts like walking or PT (physical therapy).
- Have blood work checked as you have been told by the doctor. Talk with the doctor.
- Have your urine checked as you have been told by your doctor.
- Follow the diet and workout plan that your doctor told you about.
- Take good care of your teeth. See a dentist often.
- Have a dental exam before starting this drug.
- If you are pregnant or you get pregnant while taking this drug, call your doctor right away.

**Etidronate:**

- Worsening of asthma has happened in people taking drugs like this one. Talk with the doctor.
- This drug may raise the chance of a broken leg. Talk with the doctor.
- This drug may affect certain lab tests. Tell all of your health care providers and lab workers that you take this drug.
- Talk with your doctor before you drink alcohol.
- If you smoke, talk with your doctor.
- If you are taking warfarin, talk with your doctor. You may need to have your
blood work checked more closely while you are taking it with this drug.

**Calcium:**

- This drug prevents many other drugs from getting into the body. If you take other drugs, check with your doctor or pharmacist to see if you need to take them at some other time than this drug.

**What are some side effects that I need to call my doctor about right away?**

**WARNING/CAUTION:** Even though it may be rare, some people may have very bad and sometimes deadly side effects when taking a drug. Tell your doctor or get medical help right away if you have any of the following signs or symptoms that may be related to a very bad side effect:

- Signs of an allergic reaction, like rash; hives; itching; red, swollen, blistered, or peeling skin with or without fever; wheezing; tightness in the chest or throat; trouble breathing, swallowing, or talking; unusual hoarseness; or swelling of the mouth, face, lips, tongue, or throat.

- Black, tarry, or bloody stools.

- Throwing up blood or throw up that looks like coffee grounds.

- Chest pain.

- Feeling confused.

- Very bad belly pain.

- Trouble swallowing.

- Very bad pain when swallowing.

- Very bad bone, joint, or muscle pain.

- Any new or strange groin, hip, or thigh pain.

- Change in eyesight, eye pain, or very bad eye irritation.

- If bright lights bother your eyes.

- Mouth irritation or mouth sores.

- This drug may cause jawbone problems. The risk may be higher the longer you take this drug. The risk may be higher if you have cancer, dental
problems, dentures that do not fit well, anemia, blood clotting problems, or an infection. The risk may also be higher if you are having dental work, get chemo or radiation, or take other drugs that may cause jawbone problems (like some steroid drugs). Talk with your doctor if any of these apply to you, if you will be having dental work, or if you take other drugs that may cause jawbone problems. There are many drugs that can do this. Ask your doctor or pharmacist if you are not sure. Call your doctor right away if you have jaw swelling or pain.

- Low blood cell counts have happened with this drug. If blood cell counts get very low, this can lead to bleeding problems, infections, or anemia. Call your doctor right away if you have signs of infection like fever, chills, or sore throat; any unexplained bruising or bleeding; or if you feel very tired or weak.

**What are some other side effects of this drug?**

All drugs may cause side effects. However, many people have no side effects or only have minor side effects. Call your doctor or get medical help if any of these side effects or any other side effects bother you or do not go away:

- Dizziness.
- Headache.
- Belly pain or heartburn.
- Upset stomach or throwing up.
- Constipation.
- Diarrhea.
- Gas.
- Leg cramps.
- Joint pain.

These are not all of the side effects that may occur. If you have questions about side effects, call your doctor. Call your doctor for medical advice about side effects.

You may report side effects to your national health agency.
How is this drug best taken?

Use this drug as ordered by your doctor. Read all information given to you. Follow all instructions closely.

All products:

- Follow how to use as you have been told by the doctor or read the package insert.
- Do not take the etidronate and the calcium at the same time.
- Take with a full glass of water.

Etidronate:

- Take on an empty stomach. Take 2 hours before or 2 hours after meals.
- Do not take calcium, iron, vitamins with minerals, or antacids within 2 hours of this drug.
- Do not take products that have magnesium like some laxatives within 2 hours of this drug.

Calcium:

- Take this drug with food.
- If you have trouble swallowing, the tablet may be crushed or chewed and swallowed with a drink of water.

What do I do if I miss a dose?

- Skip the missed dose and go back to your normal time.
- Do not take 2 doses on the same day.

How do I store and/or throw out this drug?

- Store at room temperature.
- Protect from light.
- Store in a dry place. Do not store in a bathroom.
- Keep all drugs in a safe place. Keep all drugs out of the reach of children and
• Throw away unused or expired drugs. Do not flush down a toilet or pour down a drain unless you are told to do so. Check with your pharmacist if you have questions about the best way to throw out drugs. There may be drug take-back programs in your area.

**General drug facts**

• If your symptoms or health problems do not get better or if they become worse, call your doctor.

• Do not share your drugs with others and do not take anyone else’s drugs.

• Keep a list of all your drugs (prescription, natural products, vitamins, OTC) with you. Give this list to your doctor.

• Talk with the doctor before starting any new drug, including prescription or OTC, natural products, or vitamins.

• Some drugs may have another patient information leaflet. If you have any questions about this drug, please talk with your doctor, nurse, pharmacist, or other health care provider.

• If you think there has been an overdose, call your poison control center or get medical care right away. Be ready to tell or show what was taken, how much, and when it happened.

**Consumer Information Use and Disclaimer**

This information should not be used to decide whether or not to take this medicine or any other medicine. Only the healthcare provider has the knowledge and training to decide which medicines are right for a specific patient. This information does not endorse any medicine as safe, effective, or approved for treating any patient or health condition. This is only a brief summary of general information about this medicine. It does NOT include all information about the possible uses, directions, warnings, precautions, interactions, adverse effects, or risks that may apply to this medicine. This information is not specific medical advice and does not replace information you receive from the healthcare provider. You must talk with the healthcare provider for complete information about the risks and benefits of using this medicine.