PATIENT & CAREGIVER EDUCATION

Alendronate

This information from UpToDate® Lexidrug™ 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: US

Binosto; Fosamax

Brand Names: Canada

ACH-Alendronate; AG-Alendronate; AG-Alendronate Sodium; Alendronate-70; APO-Alendronate; Auro-Alendronate; Fosamax; GEN-Alendronate; JAMP-Alendronate; JAMP-Alendronate Sodium; M-Alendronate; MINT-Alendronate; NRA-Alendronate; PMS-Alendronate-FC; RIVA-Alendronate; SANDOZ Alendronate [DSC]; TEVA-Alendronate

What is this drug used for?

- It is used to help with some bone problems.

Effervescent tablets:

- If your child has been given this form of this drug, talk with the doctor for information about the benefits and risks. Talk with the doctor if you have questions or concerns about giving this drug to your child.

What do I need to tell the doctor BEFORE my child takes this drug?

- If your child is allergic to this drug; any part of this drug; or any other drugs, foods, or substances. Tell the doctor about the allergy and what signs your child had.
- If your child has any of these health problems: Esophagus problems, trouble swallowing, low calcium levels, or kidney disease.
- If your child is not able to stand or sit up for 30 minutes.

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

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

What are some things I need to know or do while my child takes this drug?

- Tell all of your child's health care providers that your child is taking this drug. This includes your child's doctors, nurses, pharmacists, and dentists.
- Have your child's blood work and bone density checked as you have been told by the doctor.
- Give calcium and vitamin D as you were told by your child's doctor.
- Have your child follow the diet plan your child's doctor told you about.
- Have your child get a dental exam before starting this drug.
- Take care of your child's teeth. See a dentist often.
- Alcohol may interact with this drug. Be sure your child does not drink alcohol.
- If your child smokes, talk with the doctor.
- If your child is on a low-sodium or sodium-free diet, talk with the doctor. Some of these products have sodium.
- Worsening of asthma has happened in people taking drugs like this one. Talk with the doctor.
- This drug is not approved for use in children. However, the doctor may decide the benefits of taking this drug

outweigh the risks. If your child has been given this drug, ask the doctor for information about the benefits and risks. Talk with the doctor if you have questions about giving this drug to your child.

If your child is pregnant or breast-feeding a baby:

- If your child is pregnant or gets pregnant while taking this drug, call the doctor right away.
- Tell the doctor if your child is breast-feeding a baby. You will need to talk about any risks to the baby.

What are some side effects that I need to call my child's 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 child's doctor or get medical help right away if your child has 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.
- Signs of esophagus problems like chest pain, trouble swallowing, pain when swallowing, or new or worse

heartburn.

- Signs of low calcium levels like muscle cramps or spasms, numbness and tingling, or seizures.
- Black, tarry, or bloody stools.
- Coughing up blood.
- Sore throat.
- Throwing up blood or throw up that looks like coffee grounds.
- Very bad bone, joint, or muscle pain.
- Mouth sores.
- This drug may cause jawbone problems. The risk may be higher with longer use, cancer, dental problems, ill-fitting dentures, anemia, blood clotting problems, or infection. It may also be higher if your child has dental work, chemo, radiation, or takes other drugs that may cause jawbone problems. Many drugs can do this. Talk with your child's doctor if any of these apply to your child, or if you have questions. Call your child's doctor right away if your child has jaw swelling or pain.
- Some people have had unusual bone breaks. This includes a broken thigh bone. Tell the doctor right away if your child has any new or strange pain in the groin, hip, thigh, or other bone.

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 child's doctor or get medical help if any of these side effects or any other side effects bother your child or do not go away:

- Constipation, diarrhea, stomach pain, or upset stomach.
- Muscle or joint pain.

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

You may report side effects to your national health agency.

How is this drug best given?

Give this drug as ordered by your child's doctor. Read all information given to you. Follow all instructions closely.

All products:

- Give on an empty stomach.
- Give at least 30 minutes before the first food, drink, or drugs of the day.
- Do not let your child lie down for at least 30 minutes

after taking this drug and until your child eats the first food of the day.

- Keep giving this drug to your child as you have been told by your child's doctor or other health care provider, even if your child feels well.

Tablets:

- Give this drug with a full glass of water.
- Give this drug with plain water only. Avoid giving with mineral water or other drinks.
- Have your child swallow whole. Do not let your child chew, break, or crush.
- Do not let your child suck on this product.

Liquid (solution):

- Have your child drink $^1/_4$ cup of water after taking the full dose.
- Give this drug with plain water only. Avoid giving with mineral water or other drinks.
- Measure liquid doses carefully. Use the measuring device that comes with this drug. If there is none, ask the pharmacist for a device to measure this drug.

What do I do if my child misses a dose?

One time daily dosing:

- If you forget to give this drug in the morning, skip the missed dose and go back to your child's normal time the next morning.
- Do not give 2 doses on the same day.

One time weekly dosing:

- Give the missed dose on the next morning after you think about it and then go back to your child's normal time.
- Do not give 2 doses on the same day.

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

All products:

- Store at room temperature 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 pets.
- 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.

Liquid (solution):

- Do not freeze.

General drug facts

- If your child's symptoms or health problems do not get better or if they become worse, call your child's doctor.
- Do not share your child's drug with others and do not give anyone else's drug to your child.
- 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 generalized information is a limited summary of diagnosis, treatment, and/or medication information. It is not meant to be comprehensive and should be used as a tool to help the user understand and/or assess potential diagnostic and treatment options. It does NOT include all information about conditions, treatments, medications, side effects, or risks that may apply to a specific patient. It

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If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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