

Instructions for taking risedronate

(brand name Actonel)

Osteoporosis dose: 15 mg (3 pills of 5mg each) once a week
Paget's disease dose: 30 mg a day for 60 days

Take the tablets in the morning when you wake up, with a glass of water. The glass should be at least 4 ounces (1/2 cup). Do not lie down again after taking the medicine.

Risedronate can cause damage to the esophagus (food pipe) and the water will wash the medication down into the stomach. If you lie down the medication might come back up into the esophagus, so that is why you should not lie down. You may sit or stand, but don't bend way over (no toe touching!)

Take the medication with plain water, NOT mineral water, coffee, tea, milk, or juice. Risedronate will attach to the minerals or the food and not get absorbed into your bloodstream.

It is OK to take most prescription medications along with the risedronate. Exceptions: antacids, calcium tablets, multiple vitamins that contain calcium or minerals, tetracycline, laxatives.

Do not eat anything for the next 30 minutes. This is to allow time for the medicine to be absorbed.

On the days you take risedronate, take your calcium supplements in the afternoon and the evening, but not with breakfast.