

# Risedronate

[Rizz-ed-ROW-nate]  
Actonel®

<http://Rheuminfo.com>  
your rheumatology resource

## How to use this medication

### What is it



Risedronate is a medication used to treat and prevent thinning of the bones (called osteoporosis).

### Take it once a day, once a week, or once a month



Risedronate can be taken once a day as a 5 mg tablet. It can also be taken **once a week** as a 35 mg tablet. It can also be taken **once a month** as a 150 mg tablet. Discuss with your doctor.

### Take it sitting up in the morning



Risedronate should be taken first thing in the morning. Do not lie down after taking the medicine.

### No eating or drinking



Risedronate should be taken on an empty stomach. Wait at least 1 hour before taking any other medication or eating or drinking anything.

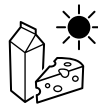
### Take it with water only



Take risedronate with a full glass of water. Do not take it with coffee, juice or tea.

## What you need to do

### Take calcium & vitamin D



To help build your bones you should take calcium & vitamin D while taking risedronate. Your doctor will tell you the right amount of calcium and vitamin D for you.

### Don't get pregnant or breastfeed



Risedronate should not be taken during pregnancy or breastfeeding. Stop the medicine and let your doctor know if you become pregnant while taking risedronate.

### Pain in the jaw



Medicines like risedronate have been associated with a very rare problem with the jaw (osteonecrosis). This problem has been seen after dental work. Let your doctor know if you develop sudden pain in the jaw.

### Bone mineral density (bmd) testing



Your doctor will monitor your response to risedronate by testing your BMD. This is usually done every 1 to 3 years. Talk to your doctor.

## Side effects & important facts

### Nausea & diarrhea



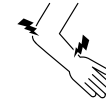
The most common side effect of risedronate is stomach upset, pain, bloating, and nausea. Risedronate can irritate the lining of the stomach, esophagus, or intestine. This is rare. It can result in stomach pain or trouble swallowing.

### Headache



Risedronate can rarely cause a headache.

### Muscle & bone pain



Risedronate can cause bone, muscle, or joint pain. This is rare.

## When should I call my doctor

### Please call if you need to stop



- If you feel sick and want to stop
- If you are concerned about any side effects
- If you want to or have already stopped the medicine

### Other reasons to call your doctor:



Stomach pain or trouble swallowing



Pregnant or Planning Pregnancy



New severe pain in the jaw



If you are having surgery

## Other important information

### Stopping risedronate



You can simply stop taking risedronate. You do not need to wean off it. Please call your doctor if you stop the medication.