



Drugs	Special Instructions	Possible Side Effects	Be Aware	Cautions
Alendronate	Take with a full glass (6 to 8 ounces) of water first thing in the morning. Do not eat or drink anything else or take any toher medication or supplements for at least 30 minutes. Stay upright (sitting or standing) for at least 30 minutes after taking the drug.	Abdominal pain	Calcium can prevent absorption of this drug when taken at the same time. Make sure your doctor is aware if you are taking supplements or antacids containing calcium, aluminum, magnesium or iron.	Allergy to alendronate; problems with one or more of the following: digestion, esophagus, intestines, stomach or kidneys; pregnancy; inability to sit or stand for 30 minutes.
Calcitonin (injectable)	To gain the full benefits of this drug, you should follow a diet rich in calcium and vitamin D. Store medication in refrigerator prior to opening. Store at room temperature after opening. Do not use if solution has changed colors or has particles floating in it.	Diarrhea, flushing of skin, inflamed skin at injection site, loss of appetite, nausea, stomach pain vomiting.	Allergic skin reaction or infection may occur at injection site.	Protein allergy
Calcitonin (nasal spray)	Alternate nostrils daily. Store medication in refrigerator prior to opening. Store at room temperature after opening.	Nasal irritation, diarrhea, flushing of the skin, loss of appetite, nausea, stomach pain, vomiting	Allergic reaction could occur in nasal tissues.	Protein allergy
Conjugated estrogens	To gain the full benefits of these drugs, you should follow a diet rich in calcium and vitamin D.	Breast tenderness and enlargement, enlargement of benign tumors of the uterus, irregular bleeding or spotting, change in amount of cervical secretion, vaginal yeast infections, fluid retention, skin rashes, hair loss or abnormal hairiness, weight changes, changes in sex drive.	Women who have not had a hysterectomy should take this drug in conjunction with progesterone. Consult with your doctor regarding the possible risk of cancer of the uterus or breast, gallbladder disease, inflammation of the pancreas, abnormal blood clotting.	Liver dysfunction or disease; hypersensitivity to ingredients.

Osteoporosis Medications



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Esterfied estrogen	<p>Take with a full glass (6 to 8 ounces) of water first thing in the morning. Do not eat or drink anything else or take any other medication or supplements for at least 30 minutes. Stay upright (sitting or standing) for at least 30 minutes after taking the drug.</p>	Abdominal cramps, breast swelling and tenderness, change in vaginal bleeding, loss of appetite, contact lens intolerance, nausea, rapid weight gain, stomach bloating, swelling of feet and lower legs.	You should have your blood pressure monitored while on this drug. Women who have not had a hysterectomy should take this drug in conjunction with progesterone.	Undiagnosed vaginal bleeding; breast cancer or other estrogen-dependent cancer, a family history of breast cancer, problems related to circulation or blood clotting
Raloxifene hydrochloride		Hot flashes and abdominal pain.	This drug should not be used prior to menopause.	Pregnancy or potential pregnancy; history of blood clots
Risedronate sodium		Abdominal or stomach pain, diarrhea, headache, joint pain, skin rash.	Calcium can prevent absorption of this drug when taken at the same time. Make sure your doctor is aware if you are taking supplements or antacids containing calcium, aluminum, magnesium or iron.	Allergy to risedronate sodium; digestive problems, including trouble swallowing, inflammation of the esophagus, or ulcer; kidney problems; pregnancy; inability to sit or stand for 30 minutes.

Osteoporosis Medications



Arthritis Osteoporosis Center of Maryland