



Changing from Fosamax Plus D to Alendronate Tablets

INFORMATION FOR PATIENTS

Kaiser Permanente doctors have approved a change in medicines from Fosamax Plus D, which contains alendronate 70 mg plus cholecalciferol (vitamin D3), to alendronate 70 mg tablets (generic Fosamax).

Both medicines:

- contain alendronate 70 mg,
- work the same way in your body to strengthen your bones,
- are taken once a week (or as directed).

The differences are that alendronate 70 mg tablets

- do NOT contain vitamin D3,
- are priced at the lower tiered co-pay for members with tiered drug benefits.

An over-the-counter (OTC) calcium and vitamin D3 supplement is recommended while taking either alendronate or Fosamax Plus D, because most people do not get enough of these nutrients from foods alone. Recommended daily doses are elemental calcium 900-1200 mg and vitamin D3 800-1200 IU. A daily multivitamin is also encouraged, in addition to the calcium and vitamin D3 supplement.

Tips to help you make a smooth transition:

- **DO NOT** take both **Fosamax Plus D** and **alendronate 70 mg tablets** at the **SAME TIME** (as they contain the same medicine).
- Use up your remaining supply of Fosamax Plus D tablets **FIRST**, then start taking your **NEW** alendronate 70 mg tablets instead. The directions are the same as for Fosamax Plus D.
- **Make sure you are getting enough calcium and vitamin D3 to help keep bones strong and healthy.** A variety of calcium and vitamin D3 products are available without a prescription in our pharmacies at affordable prices.

Our pharmacists are here to help you get the most benefit from your medicines. Please speak with your pharmacist if you have any questions about this change.