



Changing from Actonel and Boniva to Alendronate Tablets

INFORMATION FOR PATIENTS

Your doctor may have approved a change in your medicine from Actonel (risedronate) or Boniva (ibandronate) to alendronate 70 mg (generic Fosamax) tablets. Actonel, Boniva and alendronate belong to the same family of medicines called “bisphosphonates.”

Bisphosphonates are used for the treatment and prevention of osteoporosis and work the same way in your body to strengthen your bones. Please note that **alendronate 70 mg tablets are usually taken ONCE A WEEK** (or as directed).

It is important that you also get enough calcium and vitamin D3. Kaiser Permanente experts recommend the following total intake (from foods and supplements) of 1,200 mg a day of elemental calcium and 1,000 units a day of vitamin D. Many people will need to take over-the-counter (OTC) calcium and vitamin D supplements to meet the recommended daily amounts. You are also encouraged to take a multivitamin every day.

Tips to help you make a smooth transition:

- Do **NOT** take Actonel or Boniva and alendronate 70 mg tablets at the **SAME TIME**.
- Use up any remaining supply of Actonel or Boniva tablets **FIRST**, then start taking the alendronate 70 mg tablets. Please follow the directions on your alendronate prescription label carefully.
- It is important to get enough **calcium** and **vitamin D** to help keep your bones strong and healthy. Over-the-counter calcium and vitamin D products are available in our pharmacies for your convenience.

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.