

I'm looking after my bones

A guide for people taking
Actonel EC 35mg Once-a-Week

I take my Actonel EC on

(Please circle your selected day of the week)

MON

TUES

WED

THU

FRI


SAT

SUN

Make sure you get
the **PINK** pack at
pharmacy.

**THERE IS
NO GENERIC
SUBSTITUTE.**

PRESCRIPTION ONLY MEDICINE
KEEP OUT OF REACH OF CHILDREN

 **Actonel® EC** *Once-a-Week* **35mg**
risedronate sodium

AUST R 166838
4 enteric-coated tablets



Theramex

 **Actonel® EC**
risedronate sodium (enteric - coated)

The information in this booklet applies to Actonel EC 35mg Once-a-Week. Please make sure you collect Actonel EC 35mg Once-a-Week in the pink box from your pharmacist. There is no unbranded (generic) substitute for Actonel EC 35mg Once-a-Week. The information provided in this booklet only applies to Actonel EC 35mg Once-a-Week formulation, as other preparations do not have the same properties.

Actonel EC 35mg Once-a-Week

is an oral bisphosphonate that
can be taken with your breakfast



This booklet answers some common questions about osteoporosis and Actonel EC 35mg Once-a-Week. It does not take the place of talking to a healthcare professional. If you would like more information, please talk to your doctor or pharmacist. You can also read the Consumer Medicine Information (available from your pharmacist or see page 18).

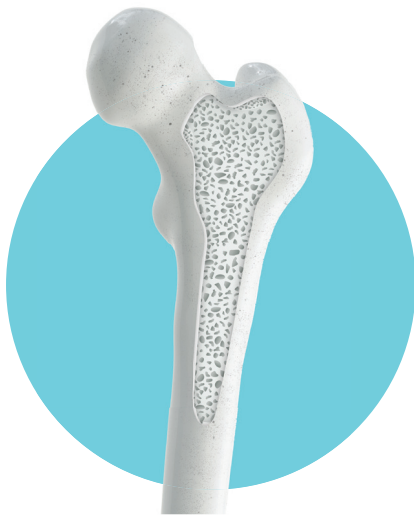
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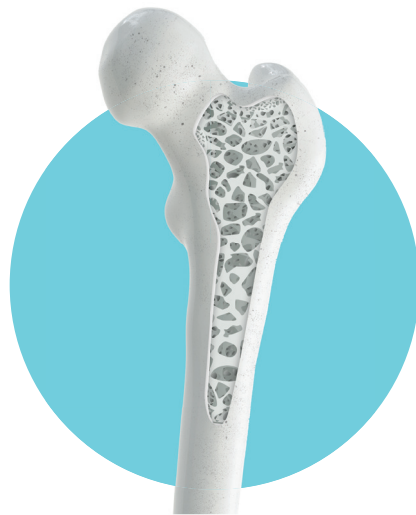
OSTEOPOROSIS AND YOUR BONES

What is osteoporosis?

In people with osteoporosis, bones become weak and fragile – and may break easily



HEALTHY BONE



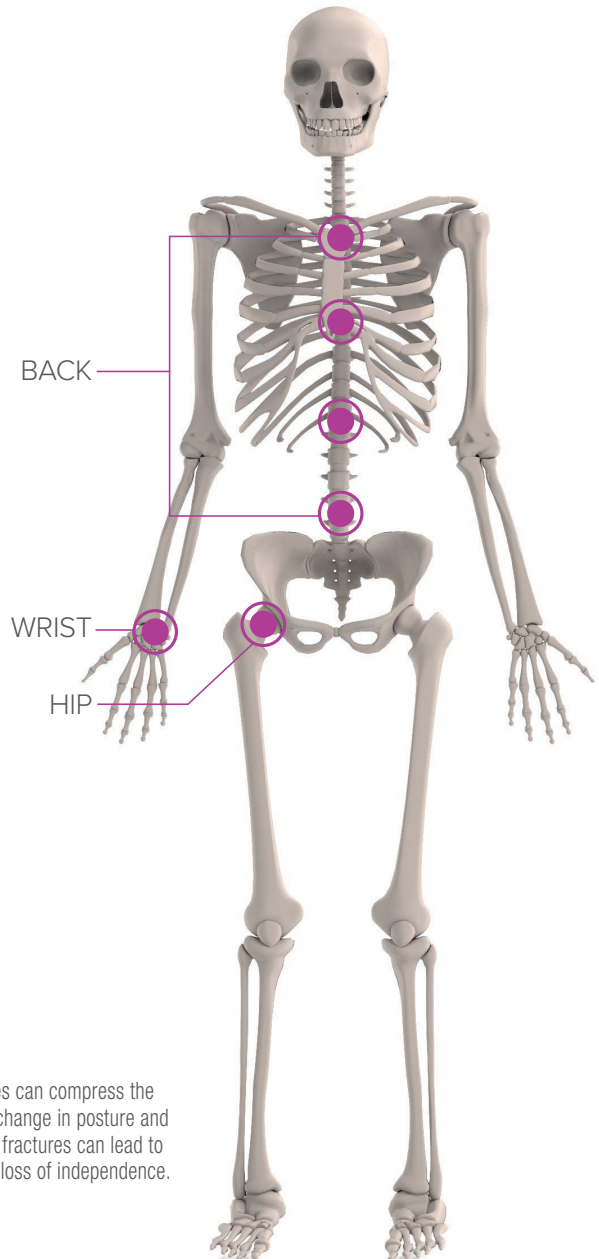
BONE WITH
OSTEOPOROSIS

Bone is a living tissue containing calcium and other minerals. Throughout life, old bone is constantly broken down and replaced with new bone. In people with osteoporosis, bone loss may occur faster than your body can replace it. This leaves bones weak and more likely to break (fracture) following a minor bump or fall.

What kind of fractures am I at risk of having?

You may not have any fractures. If you do, spine, hip, upper arm, wrist, rib or forearm bones are the most common sites

Many people diagnosed with osteoporosis have no symptoms and may not have realised that they have osteoporosis. However osteoporosis makes you more likely to break bones when you have a minor fall or bump. These fractures can occur anywhere, but are most common in the small bones that make up the spine (called vertebrae), ribs, hips and arms/wrists.



Vertebral fractures can compress the spine leading to a change in posture and loss of height. Hip fractures can lead to pain, disability and loss of independence.

ABOUT YOUR ACTONEL EC 35mg ONCE-A-WEEK TREATMENT

What is Actonel EC 35mg Once-a-Week?

Actonel EC 35mg Once-a-Week is a once weekly treatment for osteoporosis

Actonel EC 35mg Once-a-Week helps to create stronger bones which are less likely to fracture. It works by slowing down the process of old bone being removed, which allows the bone-forming cells time to rebuild normal bone.



What does 'EC' mean?

'EC' is short for 'enteric-coated'

An enteric coating stops tablets being dissolved in the stomach, so the medicines inside are not released until further along the gut. This is important for medicines that may irritate the stomach.

In addition, Actonel EC 35mg Once-a-Week has been formulated so it can be taken with your breakfast unlike other oral bisphosphonates which require fasting for 30–60min.

Can I switch to an unbranded (generic) medicine instead?

There is no unbranded (generic) equivalent for Actonel EC 35mg Once-a-Week

Your doctor has recommended Actonel EC 35mg Once-a-Week for you, taking into consideration your current needs.

Pharmacists sometimes ask if customers would prefer a cheaper generic product. However, there is no unbranded (generic) substitute for Actonel EC 35mg Once-a-Week, as other preparations do not have an enteric coating.

Tablets without an enteric coating are different because they must be taken when your stomach is empty. This means that after you've taken a tablet first thing in the morning, you must wait 30–60 minutes before eating or drinking anything else (other than plain water).

The information provided in this booklet applies to Actonel EC 35mg Once-a-Week only. No other preparation has the same properties.

It is important that you do not switch to a different brand or unbranded product if you follow instructions given for Actonel EC 35mg Once-a-Week.



ABOUT YOUR ACTONEL EC 35mg ONCE-A-WEEK TREATMENT

How should I take Actonel EC 35mg Once-a-Week?

Take Actonel EC 35mg Once-a-Week in the morning, with or without food

Take Actonel EC 35mg Once-a-Week first thing in the morning with a glass of plain water (not mineral water), while sitting or standing upright.

Stay upright, for example sitting, standing or walking around, for at least 30 minutes after swallowing the tablet.



Take one tablet each week. Choose a day of the week that suits you best and that you will remember.

Actonel EC 35mg
Once-a-Week
can be taken with
or without food





What should I do if I miss a tablet?

Take your missed tablet when you remember it

If you forget a tablet on your usual day, take it when you next remember, following the 'How should I take Actonel EC 35mg Once-a-Week' instructions on page 8. Then return to taking one tablet once a week on your original chosen day.

If you miss a tablet and do not remember until your next tablet is due, do not take two tablets in one day to make up for a missed tablet. Just take the tablet scheduled for that week.

Ask your doctor or pharmacist for tips on remembering to take your Actonel EC 35mg Once-a-Week

What if I take too many tablets?

If you, or somebody else, has accidentally taken a large number of tablets, drink a full glass of milk or antacids. Do this even if there are no signs of discomfort or poisoning.

Phone your doctor, pharmacist or the Poisons Information Centre (13 11 26), or go to your nearest hospital's emergency department.

ABOUT YOUR ACTONEL EC 35mg ONCE-A-WEEK TREATMENT

How long do I need to take Actonel EC 35mg Once-a-Week for?

Continue taking Actonel EC 35mg Once-a-Week for as long as your doctor recommends it

Osteoporosis is a long-term (chronic) condition that needs treatment over a lifetime for most people. You cannot feel the effect your medicine has on your bones, so you need to keep taking your treatment even if you don't feel the effect of the medicine; the goal is to maintain your bone strength and reduce your risk of fractures.

Can I take a break from Actonel EC 35mg Once-a-Week?

Having treatment breaks is not usually recommended

Medicine for osteoporosis strengthens bones while it is being taken, but the effects wear off if treatment is stopped, leaving bones at risk of fracture.

Do not stop taking Actonel EC 35mg Once-a-Week without talking to your doctor.



Are there any side effects?

Like all medicines, Actonel EC 35mg Once-a-Week may have some side effects

Although not everyone gets side effects, it's useful to know what to look out for and what to do in case you get them.

The Actonel EC 35mg Once-a-Week Consumer Medicine Information, available from your pharmacist (or see page 18) provides helpful information about what to do if you experience any side effects. Some rare side effects may need prompt treatment.

Tell your doctor or pharmacist if you feel unwell after taking Actonel EC 35mg Once-a-Week.

ABOUT YOUR ACTONEL EC 35mg ONCE-A-WEEK TREATMENT

What should I tell my dentist or other doctors?

Tell your dentist, and any other doctor or pharmacist who you consult, that you take Actonel EC 35mg Once-a-Week

Actonel EC 35mg Once-a-Week is one of a group of medicines called bisphosphonates. This type of medicine has been associated with very rare side effects that may happen after dental work such as tooth extractions or implants. If possible, get any major dental work you need completed before starting Actonel EC 35mg Once-a-Week.



If you develop a toothache, jaw pain, painful exposed bone or swelling, especially following dental work, tell your doctor or dentist immediately.



Speak to your doctor and dentist about good oral hygiene and regular dental check-ups while you are using Actonel EC 35mg Once-a-Week.



If you are about to be started on any new medicine, tell your doctor, dentist or pharmacist that you are taking Actonel EC 35mg Once-a-Week.

Lifestyle and your bones



LIFESTYLE AND YOUR BONES

Eating well

Calcium and vitamin D are essential for bone health

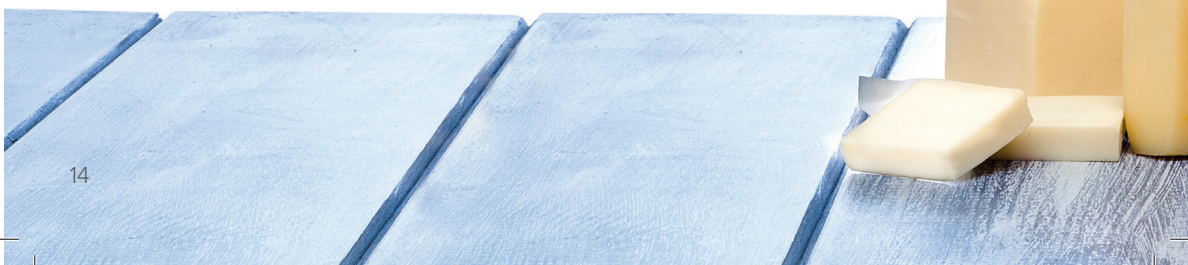
It is important to have adequate calcium and vitamin D to support your bone health while you are on osteoporosis treatment.

Calcium: Calcium combines with other minerals to form the hard crystals that give your bones their strength and structure. The best way to get your recommended calcium intake is to eat a diet rich in calcium. Dairy foods such as milk, yoghurt and cheese are good sources of calcium; eat 3–5 serves per day. A serving is:

- one glass of milk (250ml) or
- one tub of yoghurt (200g) or
- one slice of cheese (40g)

If you dislike or are intolerant to dairy foods, you will need to eat more serves of other calcium-containing foods (such as tinned salmon or sardines – including the bones, and calcium rich vegetables, nuts and fruits), calcium fortified food or supplements.

Vitamin D: Your body needs vitamin D to absorb and use calcium. Exposing your skin to sunlight is the best way to get enough vitamin D. The amount of sun you need depends on the season, your location, the area of skin exposed and your skin type. A few minutes on most days is generally enough in summer, but you may need longer in winter (2–3 hours per week).¹



Calcium and vitamin D supplements

Many Australians do not get enough calcium or vitamin D.¹ Your doctor may check vitamin D levels in your blood, and evaluate your calcium and vitamin D needs.

If necessary, your doctor may advise you to take supplements and will recommend which type and how to take it. Your pharmacist can also provide general advice on vitamin D and calcium supplements, but make sure they know that you are taking Actonel EC 35mg Once-a-Week for osteoporosis as many multivitamin & mineral supplements are not suitable.



LIFESTYLE AND YOUR BONES

Exercising safely

Some exercises are better at improving bone strength than others

Exercises that place some impact on the bones or that work the muscles attached to bones most at risk of fracture, including the hip and spine, are the most effective.

It's best to avoid activities that bend or twist the spine.

Recommended – at least 3 times per week	Best avoided
Weight-bearing exercises place impact on your bones: These are exercises done while on your feet, for example, brisk walking and stair climbing	Bending over while holding an object: For example bending over to lift something – bend your knees instead
Progressive resistance training works muscles attached to bones: For example, lifting weights that become more challenging over time. These exercises are best done under supervision	Sit-ups with straight legs
Balance and mobility exercises can reduce the risk of falls: For example, standing on one leg with the eyes closed, heel-to-toe walking	Twisting the spine: For example twisting around to look behind you

Check with your doctor or a physiotherapist for advice before starting an exercise program



FOR MORE INFORMATION

The Consumer Medicines Information (CMI) leaflet answers some common questions about Actonel EC 35mg Once-a-Week. Ask your doctor or pharmacist for a copy, or use the QR code to access it here:



Reference

1. Osteoporosis Australia. What you need to know about osteoporosis. Consumer Guide 4th Edition 2017. Available from www.osteoporosis.org.au/sites/default/files/files/OA%20Consumer%20Guide%204th%20Edition.pdf. Accessed July 2020.

Theramex Australia Pty Ltd, ABN 37 623 186 845, Level 34, 60 Margaret Street, Sydney, NSW 2000.
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