Read all of this leaflet carefully before you start taking this medicine because it contains important information for you. Keep this leaflet. You may need to read it again. If you have any further questions, ask your doctor or pharmacist.

- This medicine has been prescribed for you. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet.

What is in this leaflet:

1. What Alendronic Acid 70mg Tablets are and what they are used for
2. How to take Alendronic Acid 70mg Tablets
3. Possible side effects
4. How to store Alendronic Acid 70mg Tablets
5. Contents of pack and other information

Alendronic Acid belongs to a group of non-hormonal medicines known as bisphosphonates, which prevent bone loss from the body.

Alendronic acid is used to treat a condition called osteoporosis (brittle bones). This condition is common in women after the menopause. The earlier a woman reaches the menopause, the greater the risk of her developing osteoporosis.

Without treatment, osteoporosis can cause thinning and weakening of the bones in the skeleton which can then lead to fractures, usually of the hip, backbone and wrists. Fractures can occur easily in people suffering from osteoporosis including during normal everyday activities such as heavy lifting or from minor injury or fall.

Alendronic acid helps to prevent bone loss and to build up bone which may have been lost due to osteoporosis. It can therefore reduce the risk of back and hip fractures.

1. What Alendronic Acid 70mg Tablets are and what they are used for

Alendronic Acid 70mg Tablets contain the active substance alendronic acid (first section of the small intestine), including bleeding in the stomach
- If you have had surgery on your stomach or gullet in the last year (not including pyloroplasty which is where the outlet from the stomach is widened)
- If you have had surgery on your stomach) such as narrowing of the gullet or difficulty swallowing
- If you have difficulty or pain when swallowing
- Take one Alendronic Acid 70mg Tablet each week on your
- Choose the day of the week that best suits you to take your
- It is also important that your medicine is effective and to reduce the likelihood of the
- Make sure that your medicine is swallowed.
- Check with your doctor or pharmacist if you are not sure.
- These tablets contain lactose. If you have been told by your
- The tablet must be swallowed whole. You must not chew or
- It can therefore reduce the risk of back and hip fractures.
- If you are unable to stand or sit upright for at least 30 minutes at a time.
- If you have difficulty or pain when swallowing
- If you have had surgery on your stomach or gullet in the last year (not including pyloroplasty which is where the outlet from the stomach is widened)
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Use in children and adolescents
Alendronic Acid 70mg Tablets should not be given to children and adolescents.

If you take more Alendronic Acid 70mg Tablets than you should
You may suffer from a stomach upset, heartburn, inflammation of the gut or stomach, muscle and stomach cramps, spasms, weakness and fits. You should drink a full glass of milk and contact your nearest doctor or hospital casualty department immediately. Do not try and make yourself sick (vomit) and do not lie down.

If you forget to take Alendronic Acid 70mg Tablets
Take one tablet on getting up the next morning after you

Remember to take one tablet once a week on the day that you originally decided upon. Do not take a double dose to make up for a forgotten dose.

If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

# Possible side effects

Like all medicines, Alendronic Acid 70mg Tablets can cause side effects, although not everybody gets them.

All medicines can cause allergic reactions, although serious allergic reactions are very rare. You should stop taking Alendronic Acid 70mg Tablets and tell your doctor immediately if you get any of the following symptoms:

• sudden wheezing, difficulty in breathing, swelling of the eyelids, face or lips, rash or itching (especially affecting your whole body). This is known as 'anaphylaxis'.
• a rash, blistering or other effects on the skin, eyes, mouth or genitals, itching or high temperature (symptoms of severe skin reactions called Stevens-Johnson syndrome or toxic epidermal necrolysis).

If you have difficulty and/or pain when swallowing, you feel pain behind the breast-bone or new or worsened heartburn, stop

If you get any of the following symptoms: a rash, blistering or other effects on the skin, eyes, mouth or genitals, itching or high temperature (symptoms of severe skin reactions called Stevens-Johnson syndrome or toxic epidermal necrolysis), you should stop taking Alendronic Acid 70mg Tablets and tell your doctor immediately. If you get any allergic reactions are very rare. You should stop taking Alendronic Acid 70mg Tablets and tell your doctor immediately if you get any of the following symptoms:

• sudden wheezing, difficulty in breathing, swelling of the eyelids, face or lips, rash or itching (especially affecting your whole body). This is known as 'anaphylaxis'.
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Alendronic Acid 70mg Tablets are white to off-white oval tablets stamped ‘AN 70’ on one side and ‘>’ on the other. Alendronic Acid 70mg Tablets are available in blister packs of 2, 4, 8, 12 and 40 tablets. Not all pack sizes may be marketed.

What Alendronic Acid 70mg Tablets contain:

• The active substance is alendronic acid. Each tablet contains 70mg of alendronic acid as sodium alendronate hydrate.
• The other ingredients are microcrystalline cellulose, lactose monohydrate, croscarmellose sodium and magnesium stearate.

Alendronic Acid 70mg Tablets look like and contents of the pack

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