FAIRVIEW PHARMACY — EST. 1978

Taking alendronate safely

alendronate sodium · bisphosphonate · once a day or once a week

3 MISTAKES TO AVOID

1. **Taking it the wrong way**
   First thing in the morning, full glass of plain water, stay upright 30 minutes.
2. **Ignoring throat or chest signs**
   Chest pain, new heartburn, or trouble swallowing: stop and call your doctor.
3. **Not telling your pharmacist everything first**
   Low calcium, esophagus or kidney problems, dental work, and other medicines all matter.

How to take it

- **First thing in the morning**, before any food, drink, or other medicine.
- Swallow with a **full glass (6-8 oz) of plain water only.** No mineral water, coffee, tea, soda, or juice.
- Don't chew or suck on the tablet.
- **Stay sitting or standing for at least 30 minutes**, with nothing but water. Never at bedtime or before getting up.

Throat or chest signs (mistake #2)

- Alendronate can irritate the esophagus.
- **Stop taking it and call your doctor right away** for chest pain, new or worsening heartburn, or trouble or pain swallowing.

Tell your pharmacist before you start

- Low calcium must be corrected first. Mention esophagus, kidney, or stomach problems, and any planned dental work.
- **Calcium, antacids, and other medicines** can block absorption: wait at least 30 minutes after alendronate. **Aspirin and NSAIDs** can add to stomach irritation: ask first.

Watch for these

- Jaw pain or swelling, especially before dental work, or new pain in your thigh, hip, or groin.
- Severe bone, joint, or muscle pain: your doctor may have you stop.
- Muscle spasms, cramps, or numbness and tingling in your fingers, toes, or around your mouth can signal low calcium.

EMERGENCY: CALL 911
Hives, or swelling of your face, lips, tongue, or throat: get medical help right away.

Good to know

Pregnant, trying to become pregnant, or breastfeeding? Tell your doctor before starting alendronate.

Questions? Ask Dr. Mike at fairviewpharm.com/medications

Leave a message: 601-640-4671 · 500 Katie Ave, Hattiesburg, MS

Medically reviewed by Dr. Mike Acheampong, Pharmacist, Fairview Pharmacy · October 2026

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