



Medication Instruction – Fosamax Plus (Fosamax Bone Health) Tablet

用藥指導-Fosamax PLUS (福善美保骨) 錠(英文)

Name of Product : Fosamax PLUS 70 mg / 5600 international unit IU Tablet

Ingredient Content : Alendronate Sodium 70 mg

Colecalciferol 140 mcg (5600)

Effect :Treatment of osteoporosis in mena and menopausal women.

Application and Dosage

- Take one tablet by mouth once weekly. Take the whole tablet on the same day of the week with a full glass of water (about 200 c.c.). Do not chew or suck the tablet.
- Take the tablet after getting out of bed in the morning and under empty stomach for at least 30 minutes before eating breakfast, drinking, or taking other medicine.
- After taking Fosamax PLUS, remember to keep your upper body upright (such as sitting down, standing up, or walking) for at least 30 minutes. Do not lie down until eating the first meal of the day. (Caution : do not take the medicine before getting up from bed or sleeping)

Storage

- Preserve the tablet in the original aluminum foil before use.
- Store the medicine at temperature of 30°C and avoid sun exposure and humidity.

- Store the medicine in a safe area and keep it out of reach by children.

Possible Adverse Reactions

- Nausea, vomiting, abdominal pain, bloating or fullness, esophageal irritation or pain, swelling or tingling in mouth or throat, heartburn, joint or muscle pain, excess urine, excess thirst, weakness, and dizziness.
- Allergies such as urticaria, itch, skin rash, swelling of the joints, hands, or legs.

Special Medication Instructions

- Concurrently taking calcium supplements, antacids, and other oral medicines could affect the absorption of Fosamax PLUS. Hence, it is advised to take Fosamax PLUS tablet for at least 30 minutes before taking other medicines.
- Persons who could not stand or sit upright for 30 minutes should NOT take Fosamax PLUS.
- If you present swallowing difficulty, swallowing pain, back pain, and new worsening heartburn, you should stop taking Fosamax PLUS and seek for medical help immediately.
- If you forget to take the medicine, you may take one tablet as directed in the morning when you recall. Then, follow your original schedule to take one tablet once weekly.
- Along with the treatment, it suggested to consume foods that are full of calcium and vitamin D contents and also avoid smoking, alcohols, or drinking coffee.

若有任何疑問 · 請不吝與我們聯絡
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