

尊重生命



發揚醫德

# 藥-您健康

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## Fosamax

Please follow the proper instructions on dosage and administration when using a medication to ensure your safety

此教育單張並未包含本院所有的藥品資訊。

若您仍有其他相關問題，請詢問您的醫師或藥師！



# Introduction to Medication

- Name: Fosamax
- Active ingredient: Alendronate Na. 70mg
- Instructions:

Fosamax is used to treat osteoporosis in postmenopausal women to prevent fractures of the hip and spine (vertebral compression fractures). For postmenopausal women at risk of developing osteoporosis, it can be used for prevention of osteoporosis to reduce the future risk of fractures. It is also used for the treatment of osteoporosis in men to prevent fractures.

Fosamax works by inhibiting the activity of osteoclasts to break down bone, which helps increase bone mineral density and prevent fractures.



## Instructions for Use

- How to take the medication:

Please follow the dosage and administration instructions provided by your doctor or pharmacist. Do not alter anything on your own.



## ●Pharmacist's reminder

1. To speed up the delivery of the tablet to the stomach while reducing its potential irritation to the esophagus, Fosamax should be taken **in the morning** with a full glass of boiled water. After taking it, you cannot lie down for at least 30 minutes until after eating your first meal of the day.

※Fosamax should not be taken at bedtime or before getting out of bed. Do not chew or suck on the tablet. If these instructions are not followed, it may increase the risk of side effects in the esophagus.

2. A small number of special patients may experience mild hypocalcemia, especially if they have insufficient intake of vitamin D and calcium or are taking corticosteroids, and calcium supplementation is necessary before hand.



3. Because Fosamax may irritate the upper gastrointestinal mucosa and potentially worsen underlying gastrointestinal conditions, patients with upper digestive tract issues (such as difficulty swallowing, esophageal disorders, gastritis, and inflammation or ulcers of the duodenum) should be particularly cautious when using Fosamax.

4. For patients who take one tablet a week, if a dose is missed, the tablet should be taken the next morning when remembered. Do not take two tablets on the same day, and return to the regular weekly schedule as originally prescribed.

●Possible side effects:

(Drug side effects do not occur in every individual. The following are for reference only and should not cause unnecessary concern or refusal of treatment. If side effects occur, consult your healthcare provider.)

**Abdominal pain, indigestion, and esophagitis.**

※ If symptoms related to the esophagus occur (such as difficulty or pain swallowing, pain in the back of chest, new-onset heartburn, or worsening heartburn), stop using the medication and consult a doctor.

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