

ALENATE TABLETS 70MG

Alendronate sodium eq. to alendronic acid 70mg

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What Alenate is used for

For treatment of osteoporosis that is thinning of bone tissues and loss of bone density in postmenopausal women.

How Alenate work

Osteoporosis is a condition that causes a reduction in a person's bone density. As such, the bones become thinner, more porous & fragile. This condition leads to an increased risk of broken bone or fracture. Alendronate helps prevent osteoporosis and stop the destructive process that weakens your bones.

Before you use Alenate

When you must not take it

Do not take alendronate

- if you are allergic to alendronate.
- if you have low blood levels of calcium.
- if you are suffering from delayed esophageal emptying.
- if you could not sit or stand in upright position for 30 minutes.

Before you start to take it

Inform the doctor if you have active upper gastro-intestinal problems, e.g difficulty swallowing, oesophageal disease, gastritis, duodenitis, or ulcers. Causes of osteoporosis other than oestrogen deficiency, ageing and glucocorticoid use should be considered. Low blood levels of calcium must be corrected. Other disorders affecting mineral metabolism (such as vitamin D deficiency and low activity of parathyroid) should also be

effectively treated. A dental examination with appropriate preventive dentistry should be considered prior treatment in risk patients (e.g. cancer, chemotherapy, radiotherapy, corticosteroids and poor oral hygiene).

Taking other medications

If taken at the same time, it is likely that calcium supplements, antacids, and some oral medications will interfere with absorption of ALENATE. Therefore, patients must wait at least 30 minutes after taking ALENATE before taking any other oral medication. Combined use of ALENATE and Hormone Replacement Therapy resulted in greater increases in bone mass, together with greater decreases in bone turnover.

How to take Alenate

How much to take

The recommended dosage is one 70mg tablet once weekly. No dosage adjustment is necessary for the elderly or patients with mild-to-moderate renal insufficiency, but not recommended for patients with severe renal insufficiency.

When to take it

Taken at least one-half hour before the first food, beverage, or medication of the day. It should be swallowed upon arising for the day with a full glass of water. Patients should receive calcium and vitamin D supplement, if dietary intake is inadequate.

How long to take it

You should check with your doctor or pharmacist.

If you forget to take it

Do not take a double dose to make up for a forgotten tablet.

If you take too much (overdose)

If taken too much alendronate, contact your doctor, an emergency department or a poisoning center immediately. Symptoms of an overdose are: upper gastrointestinal reactions (heartburn, esophagitis, gastritis or ulcer), low blood levels of calcium and phosphate.

While you are using Alenate

Things you must do

Inform doctor of medications you are taking.

Things you must not do

Should not lie down for at least 30 minutes and until after their first food of the day. Not to be taken at bedtime or before arising for the day.

Things to be careful of

If you are pregnant or become pregnant or breast-feeding during treatment, you should not take alendronate unless your doctor tells you to.

Side effects

The most common side effects of are stomach area pain, heartburn, constipation, diarrhea, stomach upset, muscle/bone pain, swelling of face, lips, tongue, or throat. Tell the doctor if any side effect bother or does not go away. These are not all the possible side effects. For more information, ask the doctor or pharmacist.

After using Alenate

Storage

Store in cool, dry place below 30°C. Protect from light. Keep out of reach of children.

Disposal

Ask your pharmacist how to dispose of medicines no longer required.

Product description

What it looks like?

White, oval tablet.

Ingredients

alendronate sodium, microcrystalline cellulose, lactose monohydrate, cornstarch, croscarmellose sodium and magnesium stearate

MAL NO: MAL07010990A

Manufacturer

Prime Pharmaceutical Sdn. Bhd.
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19-10-2012

Marketing Authorization Holder

Prime Pharmaceutical Sdn. Bhd.
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