

### Medication Name

**Prototype Med** alendronate (Fosamax)

**Other Meds** risedronate (Actonel)

ibandronate (Boniva)

**Drug Class:** Bone Resorption Inhibitor

**Action:** decrease bone resorption by inhibiting activity of osteoclasts

### Therapeutic Use

Prevention and treatment of postmenopausal osteoporosis, glucocorticoid related osteoporosis, age-related osteoporosis in men

### Adverse Effects

Esophagitis

Gastrointestinal disturbances (nausea and vomiting, abdominal pain)

Muscle and joint pain

Eye pain and vision changes

### Nursing Interventions

Give drug with 6–8 oz. of water.

For 30 minutes after taking drug, have clients:

Remain in upright position.

Avoid eating or drinking anything other than water.

Avoid giving calcium supplement or antacid.

Give analgesic for muscle and joint pain.

Monitor clients for changes in vision.

### Administration

Give drug 30 minutes before breakfast with a full glass of water.

Have client sit or stand for 30 minutes after administration

Avoid giving calcium-containing drugs/supplements within 30 minutes of administration

### Patient Education

Instruct clients to take drug with full glass of water.

Instruct clients to do the following for 30 minutes after taking drug: Sit or stand up.

Avoid eating or drinking anything other than water.

Avoid taking calcium supplement or antacid.

Advise clients to take analgesic for muscle and joint pain and report pain that persists.

Instruct clients to report changes in swallowing or vision to provider

### Contraindications

Esophageal strictures/disorders or difficulty swallowing

Clients unable to sit up for 30 minutes after administration

Renal insufficiency

Hypocalcemia

### Precautions

Upper gastrointestinal disorders

Infection

Liver disease

Heart failure

### Interactions

Calcium supplements and dairy products decrease absorption when given within 30 minutes of each other



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