

BISPHOSPHONATES

HOW TO GIVE THEM



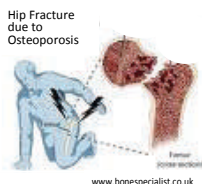
Is there a specific way to give **ORAL BISPHOSPHONATES** to long term care residents ?

Yes . . .

If given correctly, there are minimal side effects. More common side effects include heartburn, gastric reflux, esophageal irritation, bloating, abdominal pain, constipation, diarrhea, difficulty swallowing, muscular and joint pain.

Bisphosphonate medications increase bone density (strengthen bones), treat osteoporosis and decrease the risk of hip, spine and wrist fractures.

They are the most commonly prescribed medication for osteoporosis. Bisphosphonate medications when taken with Vitamin D and calcium, reduce fractures at the hip, spine and wrist by 40-80%.



Giving Bisphosphonate Medications to Long Term Care Residents

- Give first thing in the morning, at least 1/2 hour before breakfast
- Should remain sitting upright for at least 1 hour
- Take only with water
- Take alone, with no other medications
- Never crush bisphosphonate tablets
- Give only to residents who can swallow effectively
- Never suck on bisphosphonate tablets
- Vitamin D and calcium supplements should be given later, with lunch or supper

MAKE NO BONES ABOUT IT

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