

ALENDRONATE PLUS D3 CALCIUM ACTAVIS 70 mg/ 140 µg

Contains the active ingredient alendronate sodium/colecalciferol and calcium carbonate

Consumer Medicine Information

What is in this leaflet

This leaflet answers some of the common questions about Alendronate Plus D3 Calcium Actavis 70 mg/ 140 µg. It is particularly important that you read the sections “When to take it” and “How to take it” before you take this medicine. This leaflet does not contain all the available information. It does not take the place of talking to your doctor and pharmacist

All medicines have risks and benefits. Your doctor has weighed the risks of you taking Alendronate Plus D3 Calcium Actavis against the benefits they expect it will have for you.

If you have any concerns about taking this medicine, ask your doctor or pharmacist.

Keep this leaflet with the medicine.

You may need to read it again.

What Alendronate Plus D3 Calcium Actavis is used for

Alendronate Plus D3 Calcium Actavis is a combination medicine consisting of 4 once weekly tablets of Alendronate D3 70 mg/ 140 µg (5600 IU) together with 24 or 48 tablets of Calcium Actavis.

Alendronate Plus D3 Calcium Actavis is used to treat osteoporosis and to provide additional vitamin D and additional calcium.

Osteoporosis is caused by changes in the way bone is normally maintained. Vitamin D is an essential nutrient required for calcium absorption and healthy bones. Calcium is an essential mineral, necessary to maintain the bone structure in the body.

Understanding bone

Bone is a living, growing tissue. Throughout life, our bodies are breaking down old bone and rebuilding new bone in a continuous cycle. Until our late 20s, while bones are still developing, we gain bone by building more than we lose. From then until about age 35 the process is usually in balance, so that the amount of bone lost is about equal to the amount that is replaced. This balanced process keeps your skeleton healthy and strong. After about age 35 this balance is disturbed, with bone loss occurring at a slightly faster rate than it can be replaced. In women, after menopause, hormonal changes cause bone loss at an even faster rate. When bone loss is excessive, bones can become thinner and weaker, and therefore are more likely to break.

Osteoporosis

“Osteo” means bone, and “porosis” means something that has holes in it, like a sponge. Therefore, osteoporosis is a disease which causes bones to become more porous, gradually making them weaker, more brittle and likely to break.

Osteoporosis is common in postmenopausal women. The menopause occurs when the ovaries virtually stop producing the female hormone, oestrogen, or are removed (which may occur, for example, at the time of a hysterectomy). At this time, bone is removed faster than it is formed, so bone loss occurs and bones become weaker. The earlier a woman reaches the menopause, the greater the risk of osteoporosis.

Osteoporosis also occurs in men but is less common than in women.

Early on, osteoporosis usually has no symptoms. However, if left untreated it can result in broken bones, also called fractures. Although fractures usually cause pain, fractures of the bones of the spine may go unnoticed until they cause height loss. Fractures may occur during normal, everyday activity, such as lifting, or from minor injury that would not ordinarily fracture normal bone. Fractures usually occur at the hip, spine, or wrist and can lead not only to pain, but also to considerable deformity and disability, such as stooped posture from curvature of the spine, and loss of mobility.

What should I know about vitamin D?

Vitamin D is an essential nutrient, required for calcium absorption and healthy bones. The main source is through exposure to summer sunlight, which makes vitamin D in our skin. Clothing or sun block can prevent enough sunlight from getting through. In addition, as

people age, their skin becomes less able to make vitamin D. Very few foods are natural sources of vitamin D.

Too little vitamin D leads to inadequate calcium absorption and low phosphate-minerals that make bones strong. Even if you are eating a diet rich in calcium or taking a calcium supplement, your body cannot absorb calcium properly unless you have enough vitamin D. Too little vitamin D may lead to bone loss and osteoporosis. Severe vitamin D deficiency may cause muscle weakness which can lead to falls and a higher risk of fracture.

What should I know about calcium?

Calcium is vital for healthy teeth and bones and also plays a crucial role in other systems of the body, such as the health and functioning of nerves and muscle tissue. People at different life stages need different amounts of calcium - young children, teenagers and older men and women all have greater than average requirements. Many Australian adults do not achieve the recommended amount of calcium in their diets and can benefit from calcium supplements.

Not having enough calcium in your diet may lead to disorders like osteoporosis. Making sure you have enough calcium in your diet is an important way to slow bone loss and keep bones strong. If not enough calcium from food and supplements can be absorbed to keep blood calcium normal, the body will remove calcium from the bones. If your dietary intake of calcium is constantly low, your body will eventually remove so much calcium from the skeleton that your bones will become weak and brittle and more likely to break.

How does Alendronate Plus D3 Calcium Actavis work?

The alendronate in Alendronate D3 70 mg /140 µg (5600 IU) works by slowing down the process of old bone being removed, which allows the bone-forming cells time to rebuild normal bone. Alendronate not only helps prevent the loss of bone but actually helps to rebuild bone and make bone less likely to fracture.

Thus, Alendronate D3 70 mg /140 µg (5600 IU) reverses the progression of osteoporosis.

Alendronate D3 70 mg /140 µg (5600 IU) starts working on the bone cells immediately, but measurable effects on bone mass may not be seen for several months or more.

The alendronate in Alendronate D3 70 mg /140 µg (5600 IU) belongs to a group of nonhormonal medicines called bisphosphonates.

In addition to alendronate, Alendronate D3 70 mg /140 µg (5600 IU) also contains vitamin D, an essential nutrient required for calcium absorption and healthy bones.

Calcium Actavis contains calcium, an essential mineral necessary to help maintain the bone structure in the body.

Before you take Alendronate Plus D3 Calcium Actavis

You should know that in some people, Alendronate D3 70 mg /140 µg (5600 IU) can irritate or burn the food pipe (also called oesophagus). The chances of this happening should be reduced when you follow the instructions for 'How to take Alendronate Plus D3 Calcium Actavis' in this leaflet.

When you must not take it

Do not take ALENDRONATE D3 70 mg /140 µg (5600 IU) if:

- **you have an allergy to , ALENDRONATE D3 70 mg /140 µg (5600 IU or any of the ingredients listed at the end of this leaflet**
- **you have certain disorders of the food pipe (oesophagus) including those that cause difficulty in swallowing**
- **you are unable to stand or sit upright for at least 30 minutes**
- **your doctor has told you that you currently have low blood calcium**
- **your dentist advises you to consult your doctor first**

Do not take Calcium Actavis if

- **your doctor has told you that you currently have high blood calcium**
- **you have kidney stone**
- **you have an allergy to Calcium Actavis or any of the ingredients listed at the end of this leaflet.**

Do not take Alendronate Plus D3 Calcium Actavis if you are pregnant or breast feeding.

Alendronate Plus D3 Calcium Actavis has not been studied in pregnant or breast-feeding women.

Do not take Alendronate Plus D3 Calcium Actavis:

- **the packaging is damaged or shows signs of tampering**
- **the expiry date on the blister pack has passed.**

If you take this medicine after the expiry date has passed, it may not work.

If you are not sure whether you should start taking Alendronate Plus D3 Calcium Actavis, talk to your doctor.

Do not give Alendronate Plus D3 Calcium Actavis to a child

Alendronate Plus D3 Calcium Actavis has not been studied in children.

Before you start to take it

Tell your doctor if:

- 1. You plan to become pregnant or breast-feed**
- 2. You have any medical conditions, especially the following:**
 - kidney disease
 - swallowing or digestive problems, such as ulcers
- 3. You have any allergies to any other medicines or any other substances, such as foods, preservatives or dyes**
- 4. You have dental or jaw-bone problems or are planning to have a course of dental surgery.**
- 5. You currently smoke or have been a smoker in the past.**

If you have not told your doctor about any of the above, tell them before you take any Alendronate Plus D3 Calcium Actavis.

Taking other medicines

Tell your doctor if you are taking any other medicines including medicines that you buy without a prescription from your pharmacy, supermarket or health food shop.

Some medicines may affect the way other medicines work.

Some medicines are likely to interfere with the absorption of ALENDRONATE D3 70 mg /140 µg (5600 IU) if taken at the same time. These include:

- antacids, medicines used to treat indigestion e.g. Gaviscon, Mylanta
- calcium supplements such as Calcium Actavis (as provided in this pack of ALENDRONATE PLUS D3 CALCIUM ACTAVIS) or Caltrate
- vitamins

Therefore, take Alendronate D3 70 mg /140 µg (5600 IU) at least 30 minutes before taking any of these or other medicines to make sure there is no problem with absorption. Check with your doctor or pharmacist if you are

not sure whether you are taking any of these medicines.

You can take aspirin while you are being treated with Alendronate Plus D3 Calcium Actavis. However, both aspirin and take Alendronate D3 70 mg /140 µg (5600 IU) may increase the chance of stomach upsets.

Your doctor or pharmacist has more information on medicines to be careful with or avoid while taking Alendronate Plus D3 Calcium Actavis.

How to take Alendronate Plus D3 Calcium Actavis

How much to take

Take Alendronate Plus D3 Calcium Actavis 70 mg/ 140 µg only when prescribed by your doctor.

DAY 1

ALENDRONATE D3 70 mg /140 µg (5600 IU) (white tablet in the blister pack).

The usual dose of ALENDRONATE D3 70 mg /140 µg (5600 IU) is one tablet once a week.

Choose the day of the week that best fits your schedule. Every week, take one tablet of ALENDRONATE D3 70 mg /140 µg (5600 IU) on your chosen day (DAY 1).

Do not take Calcium Actavis tablets on DAY 1.

DAYS 2 – 7

Calcium Actavis (green tablets supplied in the bottle).

The usual dose of Calcium Actavis is one or two tablets daily, as recommended by your doctor.

On the day after you have taken your Alendronate Plus D3 Calcium Actavis 70 mg/140 µg tablet, take one or two Calcium Actavis tablets. Continue taking these every day for a total of 6

days. Follow all directions given to you by your doctor carefully.

They may differ from the information contained in this leaflet.

If you do not understand the instructions on the box, ask your doctor or pharmacist for help.

When and how to take it

DAY 1: Alendronate Plus D3 Calcium Actavis 70 mg/140 µg

Take Alendronate Plus D3 Calcium Actavis 70 mg/140 µg after getting up for the day and before taking your first food, beverage or other medication. Do not take it at bedtime.

Do not take Calcium Actavis tablets on DAY 1.

Swallow one tablet whole with a full glass of plain water [not mineral water, not coffee or tea, not juice].

Do not take any food, medicines or drinks other than plain tap water with your Alendronate Plus D3 Calcium Actavis 70 mg/140 µg tablet.

It is important to take Alendronate Plus D3 Calcium Actavis with plain water only, not mineral water.

Food, other drugs and mineral water and other drinks, including fruit juices, coffee and tea, will reduce the effect of Alendronate D3 70 mg /140 µg (5600 IU) by interfering with the absorption into the body.

Stay upright for at least 30 minutes after swallowing Alendronate Plus D3 Calcium Actavis 70 mg/140 µg (5600 IU) and do not take any food, medicines or drinks other than plain tap water during this time. Do not lie down immediately after swallowing it.

It is important to stay upright (sitting, standing or walking around) for at least 30 minutes after swallowing your tablet.

It is also very important to stay upright until after you have eaten your first food of the day.

These actions will help make sure your tablet reaches your stomach quickly and help reduce the

potential for irritation to your food pipe (oesophagus).

Alendronate Plus D3 Calcium Actavis 70 mg/140 µg is effective only if taken when your stomach is empty. Food, drinks other than plain water, and other medicines will lessen the effect of Alendronate D3 70 mg /140 µg (5600 IU) by interfering with its absorption into the body.

Do not chew or suck on a tablet of Alendronate Plus D3 Calcium Actavis.

Mouth ulcers may occur if the tablet is chewed or dissolved in the mouth.

DAYS 2 to 7: Calcium Actavis

Take one or two Calcium Actavis tablets, as recommended by your doctor, for 6 days, starting the day after you have taken your Alendronate Plus D3 Calcium Actavis 70 mg/140 µg (5600 IU) tablet.

Calcium Actavis may be taken before or with food.

THIS SEVEN DAY CYCLE IS TO BE REPEATED EACH WEEK.

How long to take it

It is important that you take Alendronate Plus D3 Calcium Actavis for as long as your doctor prescribes it.

Alendronate Plus D3 Calcium Actavis can only treat your osteoporosis, by helping prevent further loss of bone and continuing to rebuild bone, if you take as directed. Since it is not known how long you should take Alendronate Plus D3 Calcium Actavis, you should discuss the need to stay on this medication with your doctor periodically to determine if Alendronate Plus D3 Calcium Actavis is still right for you.

If you forget to take it

ALENDRONATE D3 70 mg /140 µg (5600 IU) :

If you miss a tablet, take one tablet on the morning after you remember.

Do not take two tablets on the same day.

Do not take your Alendronate D3 70 mg /140 µg (5600 IU) at the same time you take your Calcium Actavis tablet.

Return to taking one tablet of ALENDRONATE D3 70 mg /140 µg (5600 IU) once a week, as originally scheduled on your chosen day (DAY 1) followed by one or two tablets of Calcium Actavis on days 2 to 7, and then repeat the cycle.

Calcium Actavis:

If you forget to take your Calcium Actavis dose, then just skip that dose and continue taking your tablets on the day that you remember. Do not take more than your daily dose on any given day.

Do not take your Alendronate Plus D3 Calcium Actavis 70 mg/140 µg at the same time you take your Calcium Actavis tablets.

If you are not sure about what to do, talk to your doctor or pharmacist.

If you have trouble remembering to take your medicine, ask your pharmacist for some hints.

If you take too much (overdose)

Immediately telephone your doctor or the Poisons Information Centre (telephone 13 11 26 or go to the accident and emergency department at your nearest hospital, if you think that you or anyone else may have take a large number of the tablets. Do this even if there are no signs of discomfort or poisoning.

If you take too many tablets at one time, drink a full glass of milk. Do not induce vomiting. Do not lie down.

While you are using Alendronate Plus D3 Calcium Actavis

Things you must do

If you develop difficulty or pain upon swallowing, chest pain, or new or worsening heartburn, stop taking Alendronate Plus D3 Calcium Actavis and call your doctor.

If you become pregnant while taking Alendronate Plus D3 Calcium Actavis, stop taking the tablets and tell your doctor.

If you are about to be started on any new medicine, tell your doctor and pharmacist that you are taking Alendronate Plus D3 Calcium Actavis.

If you develop a toothache or require a dental procedure, tell your dentist that you are taking Alendronate Plus D3 Calcium Actavis.

If you develop new or unusual pain in your leg, tell your doctor. Rarely, patients have experienced fracture in a specific part of the thigh bone.

Make sure you have an adequate intake of calcium in your diet. Your doctor, dietician or pharmacist can tell you what foods you should eat.

Things you must not do

Do not give Alendronate Plus D3 Calcium Actavis to anyone else, even if they have the same condition as you.

Things to be careful of

There have been side effects reported with Alendronate Plus D3 Calcium Actavis that may affect your ability to drive or operate machinery. Individual responses to Alendronate Plus D3 Calcium Actavis may vary (see Side Effects).

Things that would be helpful for your osteoporosis

Some self-help measures suggested below may help your osteoporosis. Talk to your doctor or pharmacist about these measures and for more information.

- **Exercise** - can be helpful in building and maintaining strong bones. Regular exercise such as a brisk walk is a good idea. Talk to your doctor before you begin any exercise program.
- **Diet** - eat a balanced diet. You may need to increase the amount of calcium in your diet by eating calcium-rich foods or taking a calcium supplement like Calcium Actavis. Your doctor will advise you.
- **Smoking** - appears to increase the rate at which you lose bone and, therefore, may increase your risk of fracture. Your doctor may ask you to stop smoking or at least cut down.
- **Alcohol** - your doctor may advise you to cut down the amount of alcohol you drink. If you drink excessively on a regular basis, you may increase your risk of developing osteoporosis.

Side effects

Tell your doctor or pharmacist as soon as possible if you do not feel well while you are taking Alendronate Plus D3 Calcium Actavis.

Alendronate Plus D3 Calcium Actavis 70 mg/140 µg helps most people with osteoporosis, but it may have unwanted side effects in a few people. All medicines can have side effects. Sometimes they are serious, most of the time they are not. You may need medical treatment if you get some of the side effects

Ask your doctor or pharmacist to answer any questions you may have.

Tell your doctor or pharmacist if you notice any of the following and they worry you:

- stomach pain, gas in the stomach or bowel, wind
- an uncomfortable feeling in the stomach or belching after eating, also called dyspepsia, or heartburn
- feeling sick (nausea), vomiting
- constipation, diarrhoea
- headache
- aching muscles, joints and/or bones, which rarely can be severe.
- flu-like symptoms typically at the start of treatment, such as aching muscles, generally feeling unwell and rarely fever.
- swelling of joints
- dizziness or spinning sensation
- unusual tiredness or weakness
- swelling of hands, ankles or feet
- hair loss
- changed sense of taste

Most of these are the more common side effects of Alendronate Plus D3 Calcium Actavis.

For the most part, these have been mild.

Tell your doctor immediately if you notice any of the following:

- skin rash or redness of the skin, sometimes made worse by sunlight, itchiness
- mouth ulcers
- blurred vision, pain or redness in the eye
- symptoms of low blood calcium levels including muscle cramps or spasms or tingling sensation in the fingers or around the mouth
- new or unusual pain in your hip or thigh
- symptoms of a kidney stone such as severe, lower back or abdominal pain or difficulty in passing urine. If you have a kidney stone, your dose of Calcium Actavis may need to be reduced or discontinued.

These side effects are rare, and very rarely, may be serious.

Tell your dentist and doctor immediately if you notice any of the following

- Jaw-bone or dental problems (including toothache). Jaw-bone problems may include infection, and delayed healing after a tooth extraction or other work that involves drilling into the jaw-bone.

These side effects are rare and may be serious.

If any of the following happen, stop taking Alendronate Plus D3 Calcium Actavis and tell your doctor immediately:

- difficulty or pain upon swallowing
- chest pain
- new or worsening heartburn

These side effects may be due to irritation or ulceration of the food pipe. They may worsen if you continue taking the tablets. Rarely, these side effects may be serious.

If any of the following happen, stop taking Alendronate Plus D3 Calcium Actavis and tell your doctor immediately or go to Accident and Emergency at your nearest hospital:

- swelling of the face, lips, mouth, throat or tongue which may cause difficulty in breathing or swallowing
- pinkish, itchy swellings on the skin, also called hives or nettle rash
- severe skin reactions
- black tar-like and/or bloody stools

These may be serious side effects. You may need urgent medical attention. These side effects are rare. If you have the swelling described above, you may be having a serious allergic reaction to Alendronate Plus D3 Calcium Actavis.

Rarely, stomach or duodenal ulcers (some severe) have occurred, but it

is not known whether these were caused by this medicine.

Other side effects not listed above may also occur in some patients. Tell your doctor if you notice any other effects.

Do not be alarmed by this list of possible side effects. You may not experience any of them.

Alendronate Plus D3 Calcium Actavis is not addictive.

After using Alendronate Plus D3 Calcium Actavis

Storage

Keep your tablets in the original containers (blister pack and bottle pack) until it is time to take them.

If you take tablets out of the original containers they may not keep well.

Keep Alendronate Plus D3 Calcium Actavis in a cool dry place where the temperature will stay below 25°C. Keep the Alendronate Plus D3 Calcium Actavis tablets away from light or moisture.

Do not store Alendronate Plus D3 Calcium Actavis, or any other medicine, in the bathroom or near a sink. Do not leave it in the car or on window sills.

Heat and dampness can destroy some medicines.

Keep it where children cannot reach it.

A locked cupboard at least one and a half metres above the ground is a good place to store medicines.

Disposal

If your doctor or pharmacist tells you to stop taking Alendronate Plus D3 Calcium Actavis or tablets have passed their expiry date, your pharmacist what to do with any that are left over.

Product description

What Alendronate Plus D3 Calcium Actavis 70 mg/140 µg looks like

Alendronate Plus D3 Calcium Actavis 70 mg/140 µg is a combination pack consisting of a box of 4 once weekly tablets of Alendronate D3 70 mg/140 µg (5600 IU) together with a bottle of 24 or 48 tablets of Calcium Actavis.

Alendronate D3 70 mg/140 µg (5600 IU) are white to off- white, modified capsule shaped uncoated tablet, debossed with 'ADC' on one side and '56' on the other side.

Calcium Actavis are capsule shaped dark green film coated tablet with a break bar on one side.

Ingredients

Each Alendronate D3 70 mg/140 µg (5600 IU) tablet contains 70 mg of alendronate sodium and 70 µg or 140 µg of colecalciferol as the active ingredients.

It also contains the following inactive ingredients:

- microcrystalline cellulose
- medium chain triglycerides
- gelatin
- croscarmellose sodium
- sucrose
- colloidal anhydrous silica
- magnesium stearate
- butylated hydroxytoluene
- povidone

This medicine is gluten-free, tartrazine-free and free of other azo dyes.

Calcium Actavis contains 1250 mg calcium carbonate equivalent to 500 mg elemental calcium.

It also contains the following inactive ingredients:

- microcrystalline cellulose
- crospovidone
- croscarmellose sodium
- povidone
- magnesium stearate

- hypromellose
- macrogol 8000
- chlorophyllin-copper complex
- titanium dioxide
- carnauba wax

Australian Registration Numbers

Alendronate Plus D3 Calcium Actavis

70 mg/140 µg: AUST R 222686

Sponsor

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