

## **ALENDRONATE SODIUM**

**Class:** Bisphosphonate Derivative

**Indications:** Treatment and prevention of osteoporosis in postmenopausal females,; treatment of osteoporosis in males; Paget's disease; treatment of glucocorticoid-induced osteoporosis in males and females with low bone mineral density who are receiving a daily dosage  $\geq 7.5$  mg of prednisone (or equivalent).

**Available dosage form in the hospital:** Tab(10mg, 70mg).

**Trade Names:**

**Dosage:**

**Osteoporosis in postmenopausal females: Oral:**

Prophylaxis: 5 mg once daily **or** 35 mg once weekly

Treatment: 10 mg once daily **or** 70 mg once weekly

**Osteoporosis in males: Oral:** 10 mg once daily **or** 70 mg once weekly

**Osteoporosis secondary to glucocorticoids in males and females: Oral:** Treatment: 5 mg once daily; a dose of 10 mg once daily should be used in postmenopausal females who are not receiving estrogen.

**Paget's disease of bone in males and females: Oral:** 40 mg once daily for 6 months and can be re-initiated following 6-months post treatment if relapsed.

### **Renal Impairment dosing**

$Cl_{cr} \geq 35$  mL/minute: No dosage adjustment necessary.

$Cl_{cr} < 35$  mL/minute: Use not recommended.

### **Common side effect:**

Endocrine & metabolic: Mild transient hypocalcemia and hypophosphatemia.

GIT: Abdominal Pain, dyspepsia, nausea, gastritis.

CNS: Headache.

Neuromuscular & skeletal: Musculoskeletal pain, muscle cramps.

**Pregnancy Risk Factor:** C