

# Boniva (ibandronate) basics

**Prevents bone loss.** Boniva (ibandronate) is a first-choice treatment for osteoporosis and is available as a generic, but how you have to take it can be a hassle. It's also only approved for women, not men.

## What to expect when starting

Here's when people typically experience benefits as well as some possible side effects. Your experience may be different.



† Data on frequency of side effects is not available.

## Tips from pharmacists

- Can be taken as a pill or as an injection.
- Take the pill first thing when you wake up by swallowing the whole pill with a full glass of plain water.
- Don't eat or drink anything, or take other medicines for at least 60 minutes after you've taken the pill.
- Stay sitting or standing for at least 60 minutes after you take the pill.
- If you have pain with swallowing around your chest or stomach, new or worsening heartburn, or any pain around your hips, thighs, or jaw, tell your doctor right away.
- Take the 150 mg tablet on the same day every month. If you forget to take the 150 mg tablet on your chosen day each month, take it on the next day in the morning.

## Risks and warnings

Contact your doctor if you experience any of these.

### Irritation and ulcers to the stomach and esophagus

Some people taking the pill form of Boniva (ibandronate) have had stomach and esophagus irritation, including ulcers. It is very important to remain standing or sitting upright for at least 60 minutes after you take the medicine to help stop this from happening. You also need to take it first thing in the morning when you wake up with a full glass of plain water. Talk to your doctor if this will be a problem for you. Also, talk to your doctor if you notice new pain with swallowing, or pain around the middle of your chest or stomach while taking this medication.

### Pain in the bones and/or muscles

Some people taking Boniva (ibandronate) have had severe pain in their bones and/or muscles. However, this is very rare. It can happen as quickly as one day, to several months after starting Boniva (ibandronate). If this happens to you, stop taking Boniva (ibandronate) and talk to your doctor.

### Problems in the jawbone

Although rare, breakdown of the jawbone has happened in people taking Boniva (ibandronate). This is more likely to happen if you have oral or dental surgery, or if you have poor oral hygiene. The risk might also increase the longer you take Boniva (ibandronate). If you notice pain or swelling in your jaw, talk to your doctor right away.