

# Fosamax Plus D (alendronate / cholecalciferol) basics

**Prevents bone loss.** Fosamax Plus D (alendronate / cholecalciferol) combines bisphosphonate with vitamin D in single pill. However, it is available as brand only.

## What to expect when starting

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

	Hours	Days	Weeks	Months	Long term
<b>Fosamax Plus D (alendronate / cholecalciferol)</b> Drug effectiveness			[Blue bar spanning Weeks and Months]		
<b>Possible side effects†</b>					
<b>Stomach pain</b>		[Red bar spanning Days and Weeks]			
<b>Constipation</b>		[Red bar spanning Days and Weeks]			
<b>Diarrhea</b>		[Red bar spanning Days and Weeks]			
<b>Muscle pain</b>			[Red bar spanning Weeks]		

† Data on frequency of side effects is not available.

## Tips from pharmacists

- Take first thing in the morning with a full glass of water.
- Avoid eating or drinking for 30 minutes after taking Fosamax Plus D (alendronate / cholecalciferol).
- Remain upright for 30 minutes after taking Fosamax Plus D (alendronate / cholecalciferol).
- Talk to your doctor if you develop pain around jaw, throat, chest, abdomen, hips or thighs.
- Let your doctor know if you have any major dental procedures coming up. You may need to temporarily stop taking Fosamax Plus D (alendronate / cholecalciferol).
- Dissolve the effervescent tablet in 4 ounces of plain water. When solution stops fizzing, wait 5 minutes before stirring for 10 seconds and drinking.

## Risks and warnings

Contact your doctor if you experience any of these.

### Irritation and ulcers to the stomach and esophagus

Fosamax Plus D (alendronate / cholecalciferol) can irritate the stomach and esophagus and cause ulcers. It is very important to remain standing or sitting upright for at least 30 minutes after you take the medicine to prevent this from happening. 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 while swallowing, or pain around the middle of your chest or abdomen while taking this medication.

### Pain in the bones and muscles

Fosamax Plus D (alendronate / cholecalciferol) can cause bone and muscle pain. However, this is very rare. Stop taking the medication and talk to your doctor if this happens to you.

### Problems in the jaw bone

Fosamax Plus D (alendronate / cholecalciferol) can harm the jaw bone. This is rare. It usually happens if you recently had major dental surgery or have poor oral hygiene. Talk to your doctor if you notice pain, swelling or an infection in your jaw. Be sure to tell your orthosurgeon that you are taking Fosamax Plus D (alendronate / cholecalciferol).