How to take Once Weekly FOSAMAX® 35 mg
(Alendronate Sodium Tablets)

Choose the day of the week that best fits your schedule. Every week, take one FOSAMAX tablet on your chosen day.

After getting up for the day on your chosen day of the week, swallow (do not chew or suck) one FOSAMAX tablet with a full glass (6–8 oz.) of plain water on an empty stomach. Do not take FOSAMAX at bedtime or before arising for the day.

Begin your morning activities...but don't lie down, eat, drink, or take other medication for at least 30 minutes. If you want to lie down after 30 minutes, you must eat breakfast first.

Remember to take one FOSAMAX tablet once each week on that same day for as long as your doctor prescribes it.

If you miss a dose, take only one FOSAMAX tablet on the morning after you remember. Do not take two tablets on the same day. Return to taking one tablet once a week, as originally scheduled on your chosen day.

There is important additional information about how to take Once Weekly FOSAMAX in the enclosed Patient Information leaflet. Please read it carefully.
How to take
Once Weekly
FOSAMAX® 70 mg
(Alendronate Sodium Tablets)

Choose the day of the week that best fits your schedule. Every week, take one FOSAMAX tablet on your chosen day.

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Please see the enclosed Prescribing Information and Patient Information leaflet.

**What Should I Know About Osteoporosis?**

Osteoporosis is a disease that causes bones to become thin, weak, and easy to break or fracture.

Osteoporosis may cause pain, height loss, and hunched back, limiting your mobility.

Broken bones of the hip, spine, and wrist may cause pain, severe disability, or loss of mobility.

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**How to Take FOSAMAX® (Alendronate Sodium Tablets)**

1. After getting up for the day, swallow (do not chew or suck) one FOSAMAX tablet with a full glass (6–8 oz.) of plain water only. Do not take FOSAMAX at bedtime, or before aiming for the day.

2. Begin the day’s activities... but **DO NOT LIE DOWN**, eat, drink, or take other medication for at least 30 minutes. (If you want to lie down after 30 minutes, you must eat breakfast first.)

**What Else Should I Know?**

- Follow dosing instructions exactly to obtain benefit from FOSAMAX and reduce the potential for esophageal irritation. Stop taking FOSAMAX and tell your doctor if you develop new or worsening heartburn, difficulty or painful swallowing, or chest pain. These may be signs of serious upper digestive problems which can include irritation, inflammation, or ulceration of the esophagus.

**QUESTIONS & ANSWERS**

**WHY CAN'T I LIE DOWN AFTER TAKING FOSAMAX?**

Remaining upright lets the tablet settle quickly in your stomach and may help you avoid certain side effects like heartburn, chest pain, or difficulty or pain upon swallowing. If you must lie down, wait 30 minutes, eat breakfast, then lie down.

**WHO SHOULD NOT TAKE FOSAMAX?**

FOSAMAX should not be used if you have certain disorders of the esophagus (the tube that connects your mouth with your stomach), are unable to stand or sit upright for at least 30 minutes, or have severe kidney disease, low levels of calcium in your blood, are allergic to FOSAMAX, or are pregnant or nursing.

**FOR THE TREATMENT OF POSTMENOPAUSAL OSTEOARTHRITIS**

**USUAL ADULT DOSAGE**: ONE 10 mg TABLET DAILY

See accompanying circular for complete dosage information.

Packaging not child-resistant. Keep this and all drugs out of the reach of children.

Store at room temperature, 15–30ºC (59–86ºF).

Side effects in studies have usually been mild and generally have not caused patients to stop taking FOSAMAX. The most commonly reported side effect was abdominal (stomach) pain. Please read the enclosed Prescribing Information and Patient Information leaflet for further details.

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**How to Take FOSAMAX® (Alendronate Sodium Tablets)**

Day 1

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Some Facts About FOSAMAX® (Alendronate Sodium Tablets)

In clinical studies...
- FOSAMAX helped build bone, and reduced the number of fractures, including those at the hip and spine, in postmenopausal women.
- FOSAMAX increased bone mass in men with osteoporosis.
- FOSAMAX increased the amount of bone as early as 3 months after therapy was begun.
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David Orloff
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