Bisphosphonates - alendronate (Fosamax) Cheat Sheet

by Drosario19 via cheatography.com/144803/cs/31416/

Medication Name

Prototye Med	alendronate (Fosamax)
Other Meds	risedronate (Actonel)
	Ibandronate (Boniva)

Drug Class: Bone Resorption Inhibitor
Action: decrease bone resorption by inhibiting activity of osteoclasts

Therapeutic Use

Prevention and treatment of postmenopausal osteoporosis, glucocorticoid related osteoporosis, age-related osteoporosis in men

Advese Effects

- Esophagitis
- Gastrointestinal disturbances (nausea and vomiting, abdominal pain)
- Muscle and joint pain
- Eye pain and vision changes

Nursing Interventions

Give drug with 6–8 oz. of water.	
For 30 minutes after taking drug, have clients:	Remain in upright position.
	Avoid eating or drinking anything other than water.
	Avoid giving calcium supplement or antacid.
Give analgesic for muscle and joint pain.	
Monitor clients for changes in vision.	

Administration

- Give drug 30 minutes before breakfast with a full glass of water.
- Have client sit or stand for 30 minutes after administration
- Avoid giving calcium-containing drugs/supplements within 30 minutes of administration

Patient Education

Instruct clients to take drug with full glass of water.	
Instruct clients to do the following for 30 minutes after taking drug:	Sit or stand up.
	Avoid eating or drinking anything other than water.
	Avoid taking calcium supplement or antacid.
Advise clients to take analgesic for muscle and joint pain and report pain that persists.	
Instruct clients to report changes in swallowing or vision to provider	

Contraindications

- Esophageal strictures/disorders or difficulty swallowing
- Clients unable to sit up for 30 minutes after administration
- Renal insufficiency
- Hypocalcemia

Precautions

- Upper gastrointestinal disorders
- Infection
- Liver disease
- Heart failure

Interactions

Calcium supplements and dairy products decrease absorption when given within 30 minutes of each other

By **Drosario19**
cheatography.com/drosario19/

Published 29th March, 2022.
Last updated 29th March, 2022.

Sponsored by **Readable.com**
Measure your website readability!
https://readable.com