

Nate-D™

Alendronate Sodium 70 mg + Cholecalciferol 70 mcg · 4 Tablets

Main uses

- Treatment of osteoporosis in postmenopausal women
- Treatment of osteoporosis in men
- Osteoporosis in patients at risk of vitamin D insufficiency

PRODUCT INFORMATION

About Nate-D

Nate-D contains alendronate sodium and cholecalciferol (vitamin D3). Alendronate is a bisphosphonate that slows down the breakdown of bone. Vitamin D3 is needed for normal bone formation and helps the body absorb calcium and phosphate.

Nate-D is used to treat osteoporosis in postmenopausal women and to increase bone mass in men with osteoporosis. It is used in patients with osteoporosis who are at risk of vitamin D insufficiency.

Nate-D is for adults. It should not be used in children and adolescents under 18 years of age.

How to use

Take one Nate-D tablet once a week, on the same day each week, exactly as your doctor has told you.

1. Take the tablet after getting up for the day, before any food, drink or other medicine. Do not take it at bedtime or before getting up.
2. Swallow the tablet whole with a full glass of plain water (at least 200 mL), not mineral water. Do not crush or chew it or let it dissolve in your mouth.
3. Stay fully upright (sitting, standing or walking) for at least 30 minutes after taking the tablet, and do not lie down until after your first food of the day.
4. Wait at least 30 minutes before your first food, drink or other medicine of the day.
5. If you miss a dose, take one tablet on the morning after you remember. Do not take two tablets on the same day. Then go back to your usual weekly day.

Your doctor may advise you to take a calcium supplement if you do not get enough calcium from your diet.

Composition

TABLETS

Each tablet contains alendronate sodium 70 mg and cholecalciferol (vitamin D3) 70 micrograms (2,800 IU).

PACK SIZES

Pack of 4 tablets.



Side effects and warnings

Like all medicines, Nate-D can cause side effects, although not everybody gets them. The most common is bone, muscle or joint pain, which is sometimes severe. Other common side effects include stomach pain, indigestion, constipation, diarrhoea, wind, headache and dizziness.

- Do not take Nate-D if you have problems with your gullet (oesophagus) that slow its emptying, if you cannot stand or sit upright for at least 30 minutes, if you have low blood calcium, or if you are allergic to any of the ingredients.
- Stop taking Nate-D and contact your doctor if you get heartburn, difficulty or pain on swallowing, or other new or worsening problems with your gullet.
- Problems with the jaw bone (osteonecrosis of the jaw) have been reported, usually after a tooth extraction or infection. Your doctor may advise a dental check-up before you start.
- Contact your doctor if you get pain, weakness or discomfort in your thigh, hip or groin, as this may be an early sign of an unusual fracture of the thigh bone.
- Nate-D is not recommended if your kidney function is severely reduced (creatinine clearance below 35 mL/min). Low blood calcium must be corrected before starting treatment.

Always read the patient information leaflet in the pack. If you have any questions, ask your doctor or pharmacist.