Binosto 70mg effervescent tablets Abbreviated Prescribing Information. Please refer to the appropriate Summary of Product Characteristics (SmPC) before prescribing Binosto. **Binosto:** Binosto 70mg effervescent tablets contains 70 mg alendronic acid as 91.37 mg of alendronate sodium trihydrate. **Indication:** Treatment of postmenopausal osteoporosis. Reduces the risk of vertebral and hip fractures. **Dosage and Administration:** One 70 mg effervescent tablet once weekly. If a dose is missed, take one effervescent tablet in the morning after remembering. Do not take two tablets on the same day. Instead, return to taking one tablet per week, as originally scheduled. Periodically re-evaluate the need for continued treatment on an individual patient basis, particularly after 5 or more years of use. No dosage adjustment is necessary for the elderly. For oral use. Dissolve in half a glass of plain water. Ensure complete dissolution before drinking, and stir if necessary. Consume solution when in a seated or upright position. Drink a further 30 ml or more of plain water following consumption of the solution. Take immediately after waking, at least 30 minutes before the first food, beverage, or medicinal product of the day. Do not chew or dissolve in the mouth. Do not lie down for at least 30 minutes after taking. **Contraindications:** Hypersensitivity to alendronate or other ingredients, Abnormalities of the oesophagus and other factors which delay oesophageal emptying such as stricture or achalasia, Inability to stand or sit upright for at least 30 minutes, Hypocalcaemia. **Warnings and Precautions:** Contains sodium. Not recommended for patients with renal impairment where GFR is less than 35 ml/min. Not recommended for use in children below 18 years. Use caution in conditions affecting the upper GI tract. Discontinue use in cases of oesophageal reaction. Use caution in cases with a history of cancer therapy, IV administered bisphosphonates and dental disease due to increased risk of osteonecrosis of the jaw, and encourage good oral hygiene. **Interactions:** Concomitant food and beverages (including mineral water), calcium supplements, antacids, and some oral medicinal products, may interfere with absorption. Take alendronate least 30 minutes before taking any other oral medicine. Use caution in cases of concomitant NSAID use. **Pregnancy and Lactation:** Do not use during pregnancy or breastfeeding. **Undesirable effects:** Very commonly pain in the bones, muscles or joints, which may be severe. Commonly headache, dizziness, vertigo, disorders affecting the GI tract, alopecia, pruritus, joint swelling, asthenia, peripheral oedema. For a full list of side effects, refer to the Summary of Product Characteristics. **Overdose:** Refer to SmPC. **Legal Category:** POM. **Pack size:** Binosto 70mg effervescent tablet x 4 – NHS price £22.80 **MA Number:** PL40861/0006 **MA Holder:** Internis Pharmaceuticals Ltd., Linthwaite Laboratories, Linthwaite, Huddersfield, HD7 5QH, UK.
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Adverse events should be reported. Reporting forms and information can be found at www.mhra.gov.uk/yellowcard. Adverse events should also be reported to Medical Information on 01484 848164.