Diet Changes When Taking Etidronate (Didronel) or Risedronate (Actonel)

These medicines are used to:
- Treat symptoms of Paget’s disease
- Control abnormal bone formation after hip or spinal cord surgery
- Treat and prevent osteoporosis

There are some diet changes that you need to make to take this medicine safely. These changes will help prevent side effects and help the medicine work well in your body.

When You Take the Medicine:

Etidronate (also known as Didronel)
- Take the medicine on an empty stomach with 8 ounces of plain water (usually first thing in the morning).
- Do not eat or drink anything other than water for at least 2 hours after taking.
- To prevent irritation to your digestive tract, stay upright or stand for at least 30 minutes after taking.
- Avoid foods or supplements with calcium, iron and magnesium, such as dairy products, spinach, red meat, beans, nuts and fortified cereal, for at least 2 hours after taking.

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Learn more about your health care.
**Risedronate (also known as Actonel)**

- Take the medicine on an empty stomach with 8 ounces of plain water (usually first thing in the morning).
- Do not eat or drink anything other than water for at least 30 minutes after taking.
- To prevent irritation to your digestive tract, stay upright or stand for at least 30 minutes after taking.
- Avoid foods or supplements with calcium, iron and magnesium, such as dairy products, spinach, red meat, beans, nuts and fortified cereal, for at least 30 minutes after taking.

**Special Diet**

To improve your bone health, also increase the calcium and vitamin D in your diet.

Good sources of both are:

- Milk
- Ice cream
- Yogurt with added vitamin D
- Canned salmon with bones
- Cheese of any kind
- Instant oatmeal with added vitamins and minerals
- Spinach

Getting 30 minutes of sunshine each day can help your body make vitamin D. Be sure to talk to your doctor about your risk of sun exposure.

**If you have questions about your diet,** please call the Department of Nutrition Services.

- At University Hospital or The James, (614) 293-8711
- At University Hospital East, (614) 257-3185

Talk to your doctor or others on your health care team if you have any questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.