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, fortified orange juice and non-dairy milks, leafy greens, red meat, beans, nuts and fortified cereal, for at least 2 hours after taking.
• Increase your intake of folate (vitamin B9), niacin (vitamin B3) and magnesium while you take isoniazid. Good food sources include:
  ‣ Folate: beans, lentils, dark leafy greens, asparagus, broccoli, citrus fruit and wheat germ.
  ‣ Niacin: chicken, turkey, salmon, beef, peanuts, brown rice, green peas, sweet potato, sunflower seeds.
  ‣ Magnesium: Swiss chard, pumpkin seeds, cashews, black beans, quinoa, sunflower seeds and dark chocolate.

**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
- Fortified orange juice and non-dairy milks
- Yogurt with added vitamin D
- Canned salmon with bones
- Cheese of any kind
- Instant oatmeal with added vitamins and minerals
- Ice cream

Many people do not get enough Vitamin D from sun exposure and the foods they eat. Take a daily multivitamin with Vitamin D. Take this vitamin separate from your medicine.

If you have questions about your diet, talk to your doctor or a dietitian.