

Alendronic Acid 70mg Effervescent Tablets (Binosto)

Recommendation

Alendronic acid 70mg effervescent tablets (Binosto) have been added to the East Kent primary care formulary for restricted use.

Use is restricted to patients with swallowing difficulties who are unable to swallow any tablets at all.

Note that each effervescent tablet needs to be dissolved in at least 120ml water and the dose followed by at least 30ml plain water.

Alendronic acid (Binosto) effervescent tablets are an alternative formulation to alendronic acid tablets for patients with swallowing difficulties, as an alternative to alendronic acid 70mg/100ml oral solution. Effervescent tablets are more cost effective than the oral solution.

It should be noted that the effervescent tablets need to be taken with a relatively large volume of water.

Binosto 70 mg must be taken at least 30 minutes before the first food, beverage, or medicinal product of the day with plain water only. Other beverages (including mineral water), food and some medicinal products are likely to reduce the absorption of alendronate.

The tablets should only be taken on arising for the day.

Patients should not lie down until after their first food of the day, which should be at least 30 minutes after drinking the oral solution.

- Patients should not lie down for at least 30 minutes after taking Binosto 70 mg.
- Binosto 70 mg should not be taken at bedtime or before arising for the day.

Approved by: East Kent Prescribing Group (Representing Ashford CCG, Canterbury and Coastal CCG, South Kent Coast CCG and Thanet CCG)

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