What is this leaflet:
1. What ibandronic acid 150 mg is and what it is used for.
2. What you need to know before you take ibandronic acid 150 mg.
3. Possible side effects.
4. How to store ibandronic acid 150 mg.
5. Contents of the pack and other information.

What ibandronic acid 150 mg is and what it is used for
Ibandronic acid is a bisphosphonate, a group of medicines called bisphosphonates. It contains the active substance ibandronic acid. Ibandronic acid may reduce bone loss by stopping more loss of bone and increasing bone mass in most women who take it, even though they won’t be able to see or feel a difference. Ibandronic acid may help lower the chance of breaking bones (fractures). This reduction in fractures was shown for the spine but not the hip.

Ibandronic acid is prescribed to you to treat postmenopausal osteoporosis because you have an increased risk of fractures. Osteoporosis is a thinning and weakening of the bones, which is common in women after the menopause. At the menopause, a woman’s ovaries stop producing the female hormones, oestrogen, which helps to keep her skeleton healthy. The earlier a woman reaches the menopause, the greater her risk of fractures in osteoporosis.

Ibandronic acid is used for:
- If you have been told by your doctor that you have osteoporosis because you have an increased risk of fractures.
- If you have previously been treated with a bisphosphonate (used to treat or prevent bone disorders)
- You are taking medicines called corticosteroids (such as prednisolone or dexamethasone)
- You have cancer

Ibandronic acid 150 mg is a film-coated tablet. It is a white, oval-shaped, scored tablet that contains ibandronic acid. Ibandronic acid 150 mg is 150 mg. Talk to your doctor before taking ibandronic acid 150 mg.

Ibandronic acid 150 mg contains lactose. If you have been told you have an intolerance to some sugars, contact your doctor before taking this medicine.

Ibandronic acid 150 mg film-coated tablets ibandronic acid
- you have previously been treated with a bisphosphonate (used to treat or prevent bone disorders)
- you are taking medicines called corticosteroids (such as prednisolone or dexamethasone)
- you have cancer

Your doctor may ask you to undergo a dental examination before starting treatment with ibandronic acid 150 mg.

While being treated, you should maintain good oral hygiene (including regular tooth brushing) and receive routine dental check ups. If you wear dentures you should make sure these fit properly. If you are under dental treatment or will undergo dental surgery (e.g. tooth extractions), inform your doctor about your dental treatment and tell your dentist that you are being treated with ibandronic acid 150 mg.

Contact your doctors and dentist immediately if you experience any problems with your mouth or teeth such as loose teeth, pain or swelling, or non-healing of sores or discharge, as these could be signs of osteonecrosis of the jaw.

Some people need to be especially careful while they’re taking ibandronic acid 150 mg. Talk to your doctor before taking ibandronic acid.

- If you have any disturbances of mineral metabolism (such as vitamin D deficiency)
- If your kidneys are not functioning normally
- If you have any swallowing or digestive problems

Ibandronic acid is prescribed only for women who require this medicine. Contact your doctor if you have any worries about taking ibandronic acid 150 mg.

Ibandronic acid 150 mg is a film-coated tablet. It is a white, oval-shaped, scored tablet that contains ibandronic acid. Ibandronic acid 150 mg contains lactose. If you have been told you have an intolerance to some sugars, contact your doctor before taking this medicine.

Ibandronic acid 150 mg film-coated tablets ibandronic acid
- you have previously been treated with a bisphosphonate (used to treat or prevent bone disorders)
- you are taking medicines called corticosteroids (such as prednisolone or dexamethasone)
- you have cancer

Your doctor may ask you to undergo a dental examination before starting treatment with ibandronic acid 150 mg.

While being treated, you should maintain good oral hygiene (including regular tooth brushing) and receive routine dental check ups. If you wear dentures you should make sure these fit properly. If you are under dental treatment or will undergo dental surgery (e.g. tooth extractions), inform your doctor about your dental treatment and tell your dentist that you are being treated with ibandronic acid 150 mg.

Contact your doctors and dentist immediately if you experience any problems with your mouth or teeth such as loose teeth, pain or swelling, or non-healing of sores or discharge, as these could be signs of osteonecrosis of the jaw.

Some people need to be especially careful while they’re taking ibandronic acid 150 mg. Talk to your doctor before taking ibandronic acid.

- If you have any disturbances of mineral metabolism (such as vitamin D deficiency)
- If your kidneys are not functioning normally
- If you have any swallowing or digestive problems

Ibandronic acid is prescribed only for women who require this medicine. Contact your doctor if you have any worries about taking ibandronic acid 150 mg.
Like all medicines, this medicine can cause side effects although the scheduled days you've marked on your calendar. You should take one tablet the next morning after the day you take it as normal; then, continue taking one tablet once a month. Never take two ibandronic acid tablets within the same next scheduled dose is only 1 to 7 days away.

If you forgot to take your tablet on your chosen day and your could cause ibandronic acid to irritate your oesophagus. Do not make yourself vomit, and do not lie down if you've taken more than one tablet by mistake, should continue to take Ibandronic acid.

•  After you've waited for an hour, you can have your first food quickly, so it's less likely to cause irritation.

It's important to follow these instructions carefully. They are designed to help your ibandronic acid tablet reach your stomach quickly, so it's less likely to cause irritation.

•  Take one ibandronic acid 150 mg tablet once a month.
•  Choose one day of the month that will be easy to remember. You can choose either the same date (such as the 1st of each month) or the same day (such as the first Sunday of each month) to take your ibandronic acid tablet. Choose the date that best fits your routine.

•  Take your ibandronic acid tablet at least 6 hours after you last had anything to eat or drink except plain water.
•  Take your ibandronic acid tablet — after you first get up for the day, and
•  before you have anything to eat or drink (on an empty stomach).

-Swallow your tablet with a full glass of plain water (at least 180 ml).

You should wait until the next scheduled dose is due and 

Do not take your tablet with water with a high concentration of calcium, fruit juice or any drinks. If there is a concern regarding potentially high levels of calcium in the tap water (hard water), it is advised to use bottled water with a low mineral content. 

- You may have a severe inflammation of your gullet/food pipe, - hives
- flatulence (farting, feeling bloated)
- dizziness
- rash.

Rare (may affect up to 1 in 1000 people):
•  itching, swelling of your face, lips, tongue and throat, with difficulty breathing.
•  persistent eye pain and inflammation.
•  new pain, weakness or discomfort in your thigh, hip or groin. You may have early signs of a possible unusual fracture of the thigh bone.

Very rare (may affect up to 1 in 10,000 people):
•  pain or sore in your mouth or jaw. You may have early signs of severe jaw problems (ossosseous bone disease in the jaw bone)
•  serious, potentially life-threatening allergic reaction.
•  severe adverse skin reactions.

Talk to your doctor if you have ear pain, discharge from the ear, and/or an ear infection. These could cause signs of bone damage in the ear.

Other possible side effects
Common (may affect up to 1 in 10 people):
•  headache
•  heartburn, discomfort in swallowing, stomach or tummy pain (may be due to an inflammation of the stomach), indigestion, nausea, having diarrhoea (loose bowels) — do not chew it, crush it or let it dissolve in your mouth.

For the next hour (60 minutes) after you’ve taken your tablet do not do not lie down. If you do not stay upright (standing or sitting), some of the medicine could leak back into your oesophagus — do not eat or drink anything.

- do not take any other medicines
- after you’ve waited for an hour, you can have your first food and drink of the day. Once you’ve eaten, it’s OK to lie down if you wish, and to take any other medication you need.

Continuing to take ibandronic acid 150 mg is important to keep taking ibandronic acid every month, as long as your doctor prescribes it for you. After 5 years of using Ibandronic acid, please consult with your doctor whether you should continue to take Ibandronic acid.

If you have more than one ibandronic acid 150 mg tablet than you should If you forget to take your tablet on your chosen day and your next scheduled dose is more than 7 days away...

•  do not drink anything (except plain water if you need it)
•  do not take any other medicines

You should take one tablet the next morning after the day you take it as normal; then, continue taking one tablet once a month until the next scheduled dose is due.

If you forget to take your tablet on your chosen day and your next scheduled dose is only 1 to 7 days away...

Never take two ibandronic acid tablets within the same week. You should wait until the next scheduled dose is due and take it as normal, then, continue taking one tablet once a month on the scheduled days you’ve marked on your calendar.

If you forgot to take your tablet on your chosen day and your next scheduled dose is more than 7 days away...

You should take one tablet the next morning after the day you remember, then, continue taking one tablet once a month on the scheduled days you’ve marked on your calendar.

Possible side effects
Like all medicines, this medicine can cause side effects although not everybody gets them.

Talk to a nurse or a doctor straight away if you notice any of the following serious side effects — you may need urgent medical attention:

Uncommon (may affect up to 1 in 100 people):
•  severe pain in the chest, severe pain after swallowing food or drink, severe nausea, or vomiting, difficulty in swallowing. You may have a severe inflammation of your gullet/food pipe, possibly with ears or constriction of the gullet/food pipe.

Rare (may affect up to 1 in 1000 people):
•  itching, swelling of your face, lips, tongue and throat, with difficulty breathing.
•  persistent eye pain and inflammation.
•  new pain, weakness or discomfort in your thigh, hip or groin. You may have early signs of a possible unusual fracture of the thigh bone.

Very rare (may affect up to 1 in 10,000 people):
•  pain or sore in your mouth or jaw. You may have early signs of severe jaw problems (ossosseous bone disease in the jaw bone)
•  serious, potentially life-threatening allergic reaction.
•  severe adverse skin reactions.

Talk to your doctor if you have ear pain, discharge from the ear, and/or an ear infection. These could cause signs of bone damage in the ear.

Other possible side effects

Common (may affect up to 1 in 10 people):
•  headache
•  heartburn, discomfort in swallowing, stomach or tummy pain (may be due to an inflammation of the stomach), indigestion, nausea, having diarrhoea (loose bowels) — do not chew it, crush it or let it dissolve in your mouth.

For the next hour (60 minutes) after you’ve taken your tablet do not do not lie down. If you do not stay upright (standing or sitting), some of the medicine could leak back into your oesophagus — do not eat or drink anything.

- do not take anything (except plain water if you need it)
•  do not take any other medicines
- after you’ve waited for an hour, you can have your first food and drink of the day. Once you’ve eaten, it’s OK to lie down if you wish, and to take any other medication you need.

Continuing to take ibandronic acid 150 mg is important to keep taking ibandronic acid every month, as long as your doctor prescribes it for you. After 5 years of using Ibandronic acid, please consult with your doctor whether you should continue to take Ibandronic acid.

If you have more than one ibandronic acid 150 mg tablet than you should If you forget to take your tablet on the morning of your chosen day, do not take the tablet later in the day. Instead, consult your calendar and find out when your next scheduled dose is due.

If you forget to take your tablet on your chosen day and your next scheduled dose is only 1 to 7 days away...

Never take two ibandronic acid tablets within the same week. You should wait until the next scheduled dose is due and take it as normal, then, continue taking one tablet once a month on the scheduled days you’ve marked on your calendar.

If you forgot to take your tablet on your chosen day and your next scheduled dose is more than 7 days away...

You should take one tablet the next morning after the day you remember, then, continue taking one tablet once a month on the scheduled days you’ve marked on your calendar.

Possible side effects
Like all medicines, this medicine can cause side effects although not everybody gets them.

Talk to a nurse or a doctor straight away if you notice any of the following serious side effects — you may need urgent medical attention:

Uncommon (may affect up to 1 in 100 people):
•  severe pain in the chest, severe pain after swallowing food or drink, severe nausea, or vomiting, difficulty in swallowing. You may have a severe inflammation of your gullet/food pipe, possibly with ears or constriction of the gullet/food pipe.

Rare (may affect up to 1 in 1000 people):
•  itching, swelling of your face, lips, tongue and throat, with difficulty breathing.
•  persistent eye pain and inflammation.
•  new pain, weakness or discomfort in your thigh, hip or groin. You may have early signs of a possible unusual fracture of the thigh bone.

Very rare (may affect up to 1 in 10,000 people):
•  pain or sore in your mouth or jaw. You may have early signs of severe jaw problems (ossosseous bone disease in the jaw bone)
•  serious, potentially life-threatening allergic reaction.
•  severe adverse skin reactions.

Talk to your doctor if you have ear pain, discharge from the ear, and/or an ear infection. These could cause signs of bone damage in the ear.

Other possible side effects

Common (may affect up to 1 in 10 people):
•  headache
•  heartburn, discomfort in swallowing, stomach or tummy pain (may be due to an inflammation of the stomach), indigestion, nausea, having diarrhoea (loose bowels) — do not chew it, crush it or let it dissolve in your mouth.

For the next hour (60 minutes) after you’ve taken your tablet do not do not lie down. If you do not stay upright (standing or sitting), some of the medicine could leak back into your oesophagus — do not eat or drink anything.

- do not take anything (except plain water if you need it)
•  do not take any other medicines
- after you’ve waited for an hour, you can have your first food and drink of the day. Once you’ve eaten, it’s OK to lie down if you wish, and to take any other medication you need.

Continuing to take ibandronic acid 150 mg is important to keep taking ibandronic acid every month, as long as your doctor prescribes it for you. After 5 years of using Ibandronic acid, please consult with your doctor whether you should continue to take Ibandronic acid.

If you have more than one ibandronic acid 150 mg tablet than you should If you forget to take your tablet on the morning of your chosen day, do not take the tablet later in the day. Instead, consult your calendar and find out when your next scheduled dose is due.

If you forget to take your tablet on your chosen day and your next scheduled dose is only 1 to 7 days away...

Never take two ibandronic acid tablets within the same week. You should wait until the next scheduled dose is due and take it as normal, then, continue taking one tablet once a month on the scheduled days you’ve marked on your calendar.

If you forgot to take your tablet on your chosen day and your next scheduled dose is more than 7 days away...

You should take one tablet the next morning after the day you remember, then, continue taking one tablet once a month on the scheduled days you’ve marked on your calendar.

Possible side effects
Like all medicines, this medicine can cause side effects although not everybody gets them.

Talk to a nurse or a doctor straight away if you notice any of the following serious side effects — you may need urgent medical attention:

Uncommon (may affect up to 1 in 100 people):
•  severe pain in the chest, severe pain after swallowing food or drink, severe nausea, or vomiting, difficulty in swallowing. You may have a severe inflammation of your gullet/food pipe, possibly with ears or constriction of the gullet/food pipe.