

# Bisphosphonates for treating osteoporosis

Information for the public

Published: 9 August 2017

Last updated: 8 July 2019

[www.nice.org.uk](http://www.nice.org.uk)

The bisphosphonate drugs alendronic acid, ibandronic acid, risedronate sodium and zoledronic acid are available on the NHS as possible treatments for people who have an increased risk of fracture because of osteoporosis.

If you are not eligible for alendronic acid, ibandronic acid, risedronate sodium or zoledronic acid but are already having one of them, you should be able to continue until you and your doctor decide when best to stop.

## Is this treatment right for me?

Your healthcare professionals should give you clear information, talk with you about your options and listen carefully to your views and concerns. Your family can be involved too, if you wish. Read more about [making decisions about your care](#).

## Questions to think about

- How well does it work compared with other treatments?
- What are the risks or side effects? How likely are they?
- How will the treatment affect my day-to-day life?
- What happens if the treatment does not work?
- What happens if I do not want to have treatment? Are there other treatments available?

## Information and support

The [NHS website](#) may be a good place to find out more.

These organisations can give you advice and support:

- [Royal Osteoporosis Society](#), 0808 800 0035
- [Versus Arthritis](#), 0800 5200 520
- [ARMA](#), 0203 856 1978

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ISBN: 978-1-4731-2625-1