

Adcal-D3[®] tablets Information sheet for patients who have suffered a hip fracture

Why am I being prescribed Adcal-D3[®]?

A fractured hip is a sign that your bones have weakened. In older age the density of bones reduces causing them to become weaker, this is known as osteoporosis or brittle bones. As the bones become weaker they are more susceptible to fracture (break), even whilst undertaking everyday tasks such as heavy lifting or minor falls. There is evidence that this is partly due to insufficient levels of calcium and vitamin D. Adcal-D3[®] contains calcium and vitamin D to boost these levels.

When and how should I take Adcal-D3[®]?

Adcal-D3[®] comes as either chewable tablets or dispersible tablets. The chewable tablets should be chewed or sucked, the dispersible tablets should be dissolved in water before taking. It is not necessary to time taking Adcal-D3[®] around mealtimes. If you are also taking alendronic acid it is important to make sure you wait at least 4 hours after taking alendronic acid before you take Adcal-D3[®]. If you take your Adcal-D3[®] in the morning you may omit the dose on the morning you take alendronic acid.

What dose should I take?

The usual dose is 2 tablets daily; most people find that it is easier to split this into 2 doses (e.g. one tablet at lunchtime and teatime).

What should I do if I forget to take it?

If you forget to take your Adcal-D3[®] take it when you remember, if you do not remember until the next dose is due do not double up the dose, just carry on as usual.

How long will Adcal-D3[®] take to work?

Adcal-D3[®] will work over a long period of time to increase your levels of calcium and vitamin D which will in turn help to prevent weakening of the bones. It is important that you do not stop taking it unless instructed to do so by your doctor.

How will I know that it is working?

You will not 'feel' any benefits from taking Adcal-D3[®]. It works over a long period of time to help prevent weakening of the bones and the risk of further fractures.

What are the possible side effects?

Side effects at the recommended dose are rare. Occasionally mild flatulence, nausea, gastric pain or diarrhoea may occur. Some patients do not like the taste or “feel” of the tablets. If this is the case please discuss this with your GP as there are several other vitamin D and calcium preparations available in a variety of flavourings that he/she can prescribe.

Can I take other medications with Adcal-D3®?

There are no medications that you must avoid whilst taking Adcal-D3®. Some medications require a certain amount of time to be left between taking them and the Adcal-D3®, for example alendronic acid (and other similar medications), iron tablets, levothyroxine and some antibiotics.

If you have further questions about Adcal-D3® tablets whilst in hospital please do not hesitate to ask your doctor, pharmacist or the specialist hip fracture nurse.

Pharmacy Helpline

If you require information about your medicines you can call the Norfolk and Norwich University Hospital Pharmacy Helpline between 9am-5pm Monday to Friday.

Telephone 01603 286286 and ask for the Pharmacy Helpline. Your questions may include:

- How and when should I take my medicines?
- Can I take other medication with them?

We cannot answer questions about your illness in general or about other people's medicines.

