

How to Take FOSAMAX, Actonel, Weekly Tablets, or Boniva and Actonel monthly tablets.

Choose a day of the week that best fits your schedule. Take the medication dose on your chosen day, every week.

Choose a day of the month that best fits your schedule. Take the medication dose on your chosen day, every month.

Tablets: Swallow 1 tablet with 6 to 8 ounces of *plain water* first thing in the morning before you have anything to eat or drink.

OR

Oral Solution: Drink 1 entire bottle of solution followed by at least 2 ounces (a quarter of a cup) of *plain water*.

Begin the day's activities, but don't lie down, eat, drink, or take other medications for at least 30 minutes. If you want to lie down after 30 minutes, you must eat breakfast first.

If you miss a dose, take only 1 dose of the medication on the morning after you remember. Do not take 2 doses on the same day.

Continue your usual schedule of 1 dose once a week once per month on your chosen day.

If you experience [side effects](#), call your doctor right away.