Patient Information sheet: STRONTIUM RANELATE (PROTELOS)
Patient Information sheet: STRONTIUM RANELATE (PROTELOS)

This information leaflet is to help you... (add details here)

Rheumatology day unit
Open 9am – 5pm Mon – Fri
Helpline Tel: 0191 445 5240
Answerphone 24hrs
Dr J Hamilton: 0191 445 2198
Dr C Heycock: 0191 445 2198
Dr C Kelly: 0191 445 2193
Dr V Saravanan: 0191 445 6055
Dr M Rynne: 0191 445 8359

What is Strontium?
Strontium is a non-hormonal medicine, used to treat osteoporosis in postmenopausal women. It reduces the risk of fracture at the spine and at the hip.

How does Strontium work?
Strontium reduces the risk of fracture by reducing bone breakdown and stimulating bone rebuilding. The newly formed bone is of normal quality.

What dose of Strontium do I take?
The recommended dose is ONE, 2gram sachet, by mouth each day. Strontium is normally taken in the evening.

How do I take Strontium?

- Cut open a 2gram sachet of Strontium, and empty the granules into a small glass.
- Add half a glass of water and stir, until the granules are evenly dispersed.
- Drink the mixture straight away.

There is no requirement to stay upright after taking this drug, as you may have done with your other treatments.

Food, milk, milky drinks, calcium supplements, and antacids all reduce the absorption of Strontium. You should not take any of these products, up to 2 hours before or after taking a dose of Strontium.

What are the possible side effects of Strontium?

Like all medicines, Strontium can have side effects, but not everyone develops these.
The most common side effects, during clinical trials, were nausea (6.6% of patients), diarrhoea (6.5% of patients), headache (3% of patients), and skin irritation (2.1% of patients). These were reported to be mild and short-lived and in most cases did not cause the patient to stop their treatment. Strontium should be avoided if you have ever had a deep venous thrombosis or pulmonary embolism.

If you experience any side affects you should discuss this with your doctor, pharmacist, or the rheumatology team.

Choosing the right drug to treat your condition is complex. Your doctor or rheumatology nurse will discuss the risks and benefits of the treatments available in clinic and a decision will be reached with you on the most appropriate treatment. If you have any further questions or concerns and wish to discuss alternative drugs, please speak to the rheumatology nurse when you are seen for education.

For additional information please refer to the patient information leaflet supplied with your medicine or refer to www.medicines.org.uk for the full summary of the product characteristics.

Data Protection

Any personal information is kept confidential. There may be occasions where your information needs to be shared with other care professionals to ensure you receive the best care possible.

In order to assist us to improve the services available, your information may be used for clinical audit, research, teaching and anonymised for National NHS Reviews. Further information is available in the leaflet Disclosure of Confidential Information IL137, via Gateshead Health NHS Foundation Trust website or the PALS Service.