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ਜੇਕਰ ਇਹ ਲੀਫਲੈੱਟ (ਛੋਟਾ ਇਸ਼ਤਿਹਾਰ) ਤੁਸੀਂ ਆਪਣੀ ਭਾਸ਼ਾ (ਪੰਜਾਬੀ) ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਕ੍ਰਿਪਾ ਕਰ ਕੇ ਪੇਸ਼ਟ ਇੰਨਫਰਮੇਸ਼ਨ ਕੋ-ਆਰਡੀਨੇਟਰ ਨਾਲ **0800 0730510** ਟੈਲੀਫੋਨ ਨੰਬਰ ਤੇ ਸੰਪਰਕ ਕਰੋ।

यदि आपको यह दस्तावेज़ अपनी भाषा में चाहिए तो पेशन्ट इनफरमेशन को-आरडीनेटर को टैलीफोन नम्बर **0800 0730510** पर फोन करें।

જો તમને આ પત્રિકા તમારી પોતાની ભાષા (ગુજરાતી)માં જોઈતી હોય, તો કૃપા કરીને પેશન્ટ ઈન્ફોર્મેશન કો-ઓર્ડિનેટરનો **0800 0730510** પર સંપર્ક કરો.

আপনি যদি এই প্রচারপত্রটি আপনার নিজের ভাষায় পেতে চান, তাহলে দয়া করে পেশেন্ট ইনফরমেশন কো-অর্ডিনেটরের সাথে **0800 0730510** এই নম্বরে যোগাযোগ করুন।

إذا كنت ترغب هذه الوريقة مترجمة بلغتك الاصلية (اللغة العربية) , فرجاء ا اتصل بمنسق المعلومات للمريض
0800 0730510 على التلغون **Information Co-ordinator**

حسب ضرورت الملحق کوئی زبان (اردو) میں حاصل کرنے کے لئے ریلوہر ہائی ٹیلیفون نمبر **0800 0730510** پر وھٹ افریشین اور ایگزیکٹو (مریضوں کے لئے معلومات کی فراہمی کے سلسلے میں) کے ساتھ رابطہ کر کریں۔

TERIPARATIDE (also known as FORSTEO)

Rheumatology

Patient Information Leaflet

What is Teriparatide

TERIPARATIDE is a bone-formation agent used to make the bones stronger, and to reduce the risk of fractures. It is used to treat osteoporosis - a condition that causes your bones to become thin and fragile. This disease is especially common in women after the menopause, but it can also occur in men. Osteoporosis is also common in patients receiving steroids (e.g. prednisolone). Although it may have no symptoms at first, osteoporosis makes you more likely to break bones, especially in your spine, hips and wrists and may cause back pain, loss of height and a curved back.

How should I take Teriparatide?

The recommended dose of TERIPARATIDE is 20 microgram given once daily by injection under the skin (subcutaneous injection) in the thigh or abdomen. To help you remember to take TERIPARATIDE, inject it at about the same time each day. Inject TERIPARATIDE each day for as long as your doctor prescribes it for you. The total duration of treatment with TERIPARATIDE should not exceed 18 months. You should not receive more than one treatment course of 18 months over your lifetime. TERIPARATIDE can be injected at meal times.

Always use TERIPARATIDE exactly as your doctor has told you to. You should check with your doctor or pharmacist if you are not sure. Read the user manual booklet, which is included in the carton for instructions on how to use the TERIPARATIDE pen. Injection needles are not included with the pen. You can use Becton

Do not freeze TERIPARATIDE. Avoid placing the pens close to the ice compartment of the refrigerator to prevent freezing. Do not use TERIPARATIDE if it is, or has been, frozen.

Each pen should be properly disposed of after 28 days, even if it is not completely empty.

TERIPARATIDE contains a clear and colourless solution. Do not use TERIPARATIDE if solid particles appear or if the solution is cloudy or coloured. Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

Other treatments

You always have the choice when taking any medication prescribed in Rheumatology. There are "alternative treatments" that some people find useful and leaflets provided by Arthritis Research Council are available in our clinics.

Over the counter medications may be used alone or in combination with prescribed medication you are taking however, you are always advised to discuss with your doctor who has prescribed before taking. Medication bought over the counter may help to control your pain but not always the condition.

If you have any problems or queries contact the Rheumatology Helpline on 01384 244789 or contact your pharmacist

TERIPARATIDE should be discontinued. Ask your doctor or pharmacist for advice before taking any medicine.

Can I drink alcohol whilst taking Teriparatide?

You can drink alcohol within reason. We recommend that you stay within the government guidelines. Driving and using machines. Some patients may feel dizzy after injecting TERIPARATIDE. If you feel dizzy you should not drive or use machines until you feel better.

What do I do if I forget to take it?

Take it as soon as possible on that day. Do not take a double dose to make up for a forgotten dose. Do not take more than one injection in the same day. Do not try to make up for a missed dose.

How do I store Teriparatide?

Keep out of the reach and sight of children. Do not use TERIPARATIDE after the expiry date which is stated on the carton and pen.

TERIPARATIDE should be stored in a refrigerator (2°C and 8°C) at all times. You can use TERIPARATIDE for up to 28 days after the first injection, as long as the pen is stored at 2°C to 8°C (refrigerator).

Dickinson and Company's insulin pen injection needles.

You should take your TERIPARATIDE injection shortly after you take the pen out of the refrigerator as described in the user manual. Put the pen back into the refrigerator immediately after you have used it.

Use a new injection needle for each injection and dispose of it after each use. Never store your pen with the needle attached.

How long will it take to work?

It has been shown that bone mineral density has increased on scan as early as 3 months after starting Teriparatide.

Will I have side effects?

Like all medicines, TERIPARATIDE can cause side effects, although not everybody gets them. The most common side effects of TERIPARATIDE occurring in 1 in 100 to 1 in 10 patients are feeling sick, headache and dizziness and pain in limb.

Other common side effects reported in clinical trials were: increase in blood cholesterol levels, depression, neuralgic pain in the leg, feeling faint, irregular heart beats, breathlessness, increased sweating, muscle cramps, loss of energy, fatigue and chest pain.

Uncommon adverse reactions, observed in 1 in 1000 to 1 in 100 patients in clinical trials were: increased heart rate, low blood

pressure, emphysema, hernia, heartburn, haemorrhoids, accidental loss or leakage of urine, increased need to pass water, weight increase.

Other uncommon adverse reactions reported include pain in the muscles and pain in the joints. Some people may experience discomfort such as redness of the skin, pain, swelling, itching, bruising or minor bleeding around the area of the injection. This should clear up in a few days or weeks. Otherwise tell your doctor as soon as possible. If you become dizzy (light-headed) after your injection, you should sit or lie down until you feel better. If you do not feel better, you should call a doctor before you continue treatment. Some patients treated with TERIPARATIDE have had an increase in their blood calcium level.

In rare cases (less than 1 in 1000 patients treated), some patients have experienced allergic reactions soon after injection, consisting of breathlessness, swelling of the face, rash and chest pain. Other rare adverse reactions include swelling, mainly in the hands, feet and legs. Some patients have experienced severe back cramps or pain, which led to hospitalisation. TERIPARATIDE may also cause an increase in an enzyme called alkaline phosphatase.

If any of the side effects gets serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

Do I need any special blood tests?

You will need to have special bone blood tests prior to being considered for Teriparatide called Alkaline Phosphatase and if this is raised a PTH blood test will be done. Also your Calcium will be checked at the start of the treatment and at 3 monthly intervals during the 18 months you are receiving the injections.

Can I take my other medication?

You will be asked to stop taking Fosamax (alendronic acid) or any other Bisphosphonate you may be taking but continue with Calcium and/or Vitamin D. Please tell your doctor or pharmacist if you are taking or have recently taken any other medicines, including medicines obtained without a prescription, because occasionally they may interact (e.g. digoxin/digitalis, a medicine used to treat heart disease).

Can I have immunisation injections while on Teriparatide?

There is no evidence that vaccines of any type should be avoided.

Does Teriparatide affect fertility or pregnancy?

Do not use TERIPARATIDE if you are pregnant or breast-feeding. Women of child-bearing potential should use effective methods of contraception during use of TERIPARATIDE. If pregnancy occurs,