










BNF Chapter 6.4 Disorders of bone metabolism (including calcium and vitamin D supplementation BNF section 9.6)

Formulary Key

1st line formulary choice		Encouraged
Alternative formulary choice		On Formulary
2nd line formulary choice		2nd Line
Shared Care (TAG Amber)		Shared Care Agreement

Drug	Formulations	Dose	Notes
Bisphosphonates			
First line choice			
ALENDRONIC ACID	 70mg Tablets	70mg Once a week	Treatment option for primary prevention of osteoporotic fractures in susceptible post menopausal women NICE TA 160 and secondary prevention of osteoporotic fractures in postmenopausal women with confirmed osteoporosis NICE TA 161 See Key Message Bulletin 32 and Key Message Bulletin 33 on Prevention of Fragility Fractures
RISEDRONATE	 35mg Tablets	35mg Once a week	
Second line choice - Monoclonal Antibodies			
DENOSUMAB	 60 mg/ml Pre-filled syringe	60mg every 6 months by SC injection	Shared care for treatment of osteoporosis in postmenopausal women at increased risk of fractures Denosumab is available from Movianto UK <i>Local agreement in West Norfolk ONLY for GPs to administer first dose in primary care on recommendation of specialist (i.e. Consultant or Osteoporosis Specialist Nurse).</i> See WNCCG Members Website for clinical pathway
Other Indications			
IBANDRONIC ACID	 50mg Tablets	50mg Daily	GP prescribable on request of consultant/specialist for reduction of bone damage with metastases in breast cancer. Prescribing guidance available.
SODIUM CLODRONATE	 1600mg Tablets 590mg Tablets	1600mg daily 520mg BD	GP prescribable for reduction in bone pain associated with bony metastases. Prescribing guidance available.
9.6 Vitamin D			
Those at risk of osteoporosis should maintain an adequate intake of calcium <i>and</i> vitamin D. Any deficiency should be corrected by increasing dietary intake or taking supplements. The preparations recommended below are for use in osteoporosis prevention.			
See Key Message Bulletin 31 on calcium and vitamin D supplementation for osteoporosis			
For other indications for Vitamin D, see TAG Guidance on Vitamin D Deficiency in Adults			
First line choice			
theiCal-D3 (calcium carbonate / colecalciferol)	 2.5g /880iu Scored chewable tab	Chew 1 tablet daily	Daily dose equivalent to 1g of calcium and 880iu colecalciferol
ADCAL D3 (calcium carbonate / colecalciferol)	 1.5g / 10 micrograms Chewable tablets	Chew 1 tablet BD	Daily dose equivalent to 1.2 g of calcium and 800 units colecalciferol
	750mg / 5 micrograms Caplets	2 caplets BD	
Options for patients with swallowing difficulties			
CALFOVIT D3 (calcium phosphate / colecalciferol)	 3.1 g / 20 micrograms Powder for oral suspension	1 sachet daily	Daily dose equivalent to 1.2 g of calcium and 800 units colecalciferol
ADCAL D3 DISSOLVE (calcium carbonate / colecalciferol)	 1.5g / 10 micrograms Effervescent tablets (dissolves to clear solution)	1 tablet BD	Daily dose equivalent to 1.2 g of calcium and 800 units colecalciferol