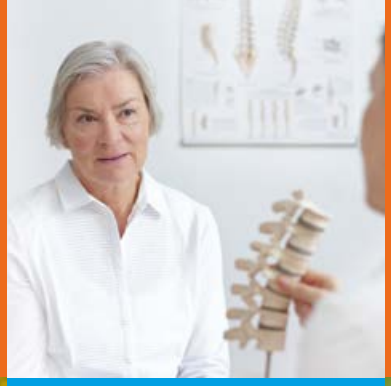
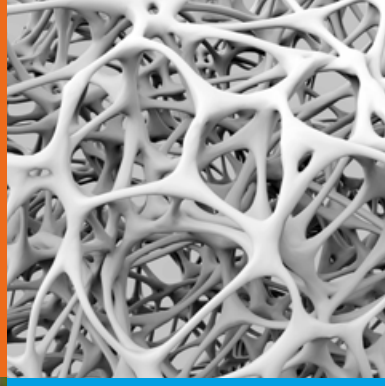
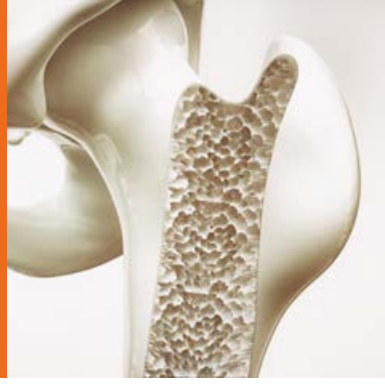
PATIENT GUIDE





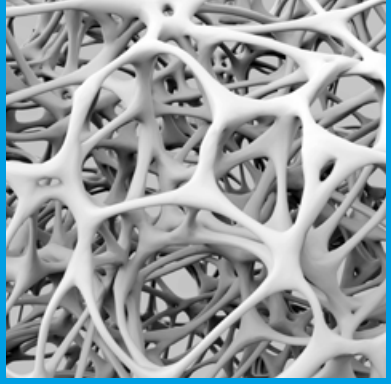
Accrete®-D$_3$
Calcium/Colecalciferol



THE IMPORTANCE OF STAYING ON YOUR CALCIUM-VITAMIN D TREATMENT

This guide is for patients who have been prescribed Accrete®-D$_3$. It is designed to support you with your treatment and is not a substitute for the Package Leaflet that came with your medication. For more information, visit accreted3.co.uk

Reporting of side effects. If you experience any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at **yellowcard.mhra.gov.uk** or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side effects, you can help provide more information on the safety of this medicine.



THE ROLE OF CALCIUM & VITAMIN D IN BONE HEALTH

Calcium is a mineral found in dairy products such as milk and cheese, and in green leafy vegetables like cabbage. Calcium builds healthy bones and teeth, and it helps your muscles and heart to work properly.

Vitamin D (also called colecalciferol) helps your body to absorb calcium. About 90% is made when UV sunlight shines on your skin. Most of your vitamin D is made this way but some people need more vitamin D to stay healthy. Foods like oily fish (tuna, mackerel and sardines) and egg yolks are naturally high in vitamin D. Some foods like margarine and some breakfast cereals may also have vitamin D added.

Accrete®-D_3

Calcium/Colecalciferol

WHY HAVE I BEEN PRESCRIBED ACCRETE®-D_3?

Accrete-D_3 is a calcium-vitamin D medicine. If you have a low amount of calcium and vitamin D in your body, or if you have broken a bone after a fall, you might have osteoporosis or be at-risk in the future.

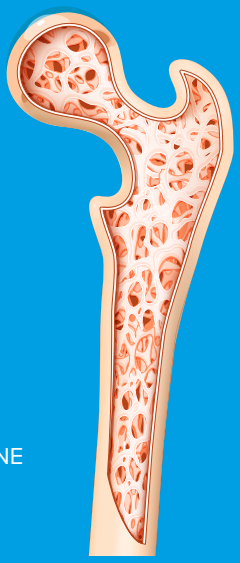
Osteoporosis is a disease which gradually weakens bones over a number of years. Bones are constantly broken down and rebuilt by the body, but in people with osteoporosis, the rebuilding process does not happen fast enough. There may not be any signs that your bones are weaker until you fracture or break a bone. Damage to the hip, spine or wrist is most common.

Accrete-D_3 will help the body to maintain healthy amounts of calcium in the body. It is important that you take Accrete-D_3 if your healthcare professional has prescribed it for you, even if you have no symptoms. Osteoporosis is a long-term condition and so lifelong treatment and monitoring is often required to prevent fractures.

Accrete®-D_3

Calcium/Colecalciferol

BONE DENSITY COMPARISON



HEALTHY BONE DENSITY

OSTEOPOROSIS BONE DENSITY

Accrete®-D3

Calcium/Colecalciferol

ARE THERE ANY SIDE EFFECTS WITH ACCRETE®-D_3?

All medicines can cause side effects but not everyone will get them. If you notice anything different when you start to take Accrete-D_3, like feeling sick or constipated, or if you get a skin rash, stop taking Accrete-D_3 immediately and see your healthcare professional. They may ask you to come in for regular check-ups to make sure that you are getting the right amount of medicine. This is normal for people who are taking calcium and vitamin D.

HOW MUCH ACCRETE®-D_3 SHOULD I TAKE?

Accrete-D_3 comes as either a tablet to be swallowed whole twice a day, or a chewable table to be taken once daily. Follow the dosage instructions on the pack. Your healthcare professional will be able to decide the best amount of medicine for you to take for your condition. Do not stop taking your medicine unless your healthcare professional tells you to do so.

Accrete®-D_3

Calcium/Colecalciferol

WHAT HAPPENS IF I STOP TAKING ACCRETE®-D_3?

You may not notice any difference straightaway but over time, the amount of calcium in your body will get lower and you will be more likely to fracture or break a bone.

CAN I TAKE TOO MUCH ACCRETE®-D_3?

Always follow the instructions on the pack to make sure you take the right amount of medicine. If you do take too many tablets, seek medical advice immediately, taking the Accrete-D_3 pack with you to show the healthcare professional. If you forget to take your Accrete-D_3 tablet, take it as soon as you remember. Do not take a double dose, instead take your next tablet at the usual time. Never share medicines with anyone else, even if they have the same symptoms as you.

Accrete®-D_3

Calcium/Colecalciferol

HOW ELSE CAN I HELP IMPROVE MY BONE HEALTH?

Make sure you eat well and cut down on drinking alcohol and smoking.

Continue to take medication as your healthcare professional has prescribed and follow healthcare professional advice.

Ensure you are eating plenty of foods rich in calcium and vitamin D.

Try to exercise at least 3 times a week. Weight-bearing exercise such as walking, or dancing is best. Weight-bearing exercise helps to make your bones stronger and denser because your muscles work against the bone. It also helps to improve balance, coordination and the health of your heart.

Accrete®-D_3

Calcium/Colecalciferol

Please read the complete Accrete®-D_3 Package Leaflet before use. Speak to your doctor or pharmacist if you:

- Have any questions about Accrete®-D_3 or your treatment plan
- Experience any side effects: this includes any possible side effects that are not listed in the Accrete®-D_3 Package Leaflet

You should also report side effects directly, using the instructions provided below.

REPORTING OF SIDE EFFECTS

Reporting of side effects. If you experience any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at **yellowcard.mhra.gov.uk** or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side effects, you can help provide more information on the safety of this medicine.

ALWAYS READ THE PATIENT INFORMATION LEAFLET

If you need more information about osteoporosis, or want to talk to someone about your condition, the Royal Osteoporosis Society has a helpline staffed by specialist nurses. Just call them on 0808 800 0035 or send an email enquiry to nurses@theros.org.uk

STADA

Thornton & Ross
STADA GROUP

Royal Osteoporosis Society
Better bone health for everybody

Take 5 minutes to check your bone health risk using the Royal Osteoporosis Society's risk checker by visiting **theros.org.uk/risk-checker**

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