

Conjunctivitis, scleritis, and blurry vision can develop when taking alendronate. Blurry vision is likely attributed to the release of inflammatory cytokines in the eye. Patients should report any changes in vision or pain in the eye(s).

Atrial Fibrillation

[Atria-heart Alarm-clock](#)

Cardiac arrhythmias, specifically atrial fibrillation, have been associated with intravenous administration of zoledronate (Reclast). Patients taking alendronate or zoledronate should notify their provider if they faint, develop chest pain, or notice an unusual fluttering in their chest.

Osteonecrosis of the Jaw

[Ostrich-necrosis-crow with Jaw](#)

This is a condition in which the jaw bone (mandible) is no longer covered by the gums. Though it can occur as the result of other treatments/conditions, Bisphosphonate-Related Osteonecrosis of the Jaw (BRONJ) is associated with intravenous infusion of zoledronate. The exact cause of this condition is unknown, but it has been linked to a decrease in blood vessel formation and a decreased ability of the bone to repair itself.

Considerations

Take on Empty Stomach

[Eaten by Empty Stomach](#)

Alendronate has low oral bioavailability and should always be taken on an empty stomach to maximize its therapeutic effect. When taken with food, this medication has nearly no medicinal effect. Patients must wait 30 minutes before eating any food, including orange juice and coffee.

Remain Upright

[Locked Upright](#)

The patient must be upright (sitting or standing) for at least 30 minutes following oral administration of the medication to prevent the development of negative side effects, such as esophagitis.