

Strengthening your bones following a broken bone

Golden rules

- Start your prescribed bone treatment as soon as possible
- Keep taking your treatment, exactly as instructed, unless advised otherwise by your healthcare professional
- When discussing treatment, let your healthcare professional know if you have had:
 - stomach ulcers in the past 12 months
 - swallowing problems in the past 6 months
 - kidney problems
- Contact your practice pharmacist or GP if you have any problems with your medication
- Check your calcium intake with help from the ROS (contact details overleaf)

Fold here



Commissioned by

In association with

www.rcplondon.ac.uk/FLS-patient-info

For additional information on maintaining strong bones:

Free osteoporosis specialist nurse helpline: **0808 800 0035**

Contact the Royal Osteoporosis Society (ROS): theros.org.uk

Need advice, information or support?

More information



Fracture Liaison Service
Database (FLS-DB)

Royal College
of Physicians

