

➔ **What is teriparatide?**

- Teriparatide is an injectable medication that helps to build bone. It strengthens your bones and prevents them from thinning.
- Using it long-term can decrease your risk of having a fracture.

➔ **What is the typical dose?**

- 20 micrograms injected under the skin (subcutaneously) once daily

➔ **How does teriparatide work?**

- In osteoporosis, your body removes more bone than it replaces – eventually bones become thin and brittle and are more likely to fracture. Some medications, such as corticosteroids (e.g. prednisone), can increase this bone removal. Teriparatide increases the rate at which your body creates bone, allowing it to overcome the increase in bone removal seen in osteoporosis.
- Teriparatide also increases the amount of calcium your body absorbs. Calcium is important in the formation of bone, so increasing its absorption further helps teriparatide build and strengthen your bones.
- Your doctor may send you for a bone mineral density (BMD) test, an exam that measures the thickness of your bones. This is one of the tests used to determine if you need teriparatide and if it is working for you.

➔ **What are the possible side effects of teriparatide?**

• **Common Side Effects**

- Side Effect
 - Dizziness
- Ways to Reduce Side Effects
 - Usually occurs around the time of injection

- If feeling lightheaded, you should sit or lie down until the feeling passes
 - Teriparatide is best injected at bedtime so that you can lie down after your injection
- Side Effect
 - Stomach upset (nausea, vomiting)
- Ways to Reduce Side Effects
 - Usually occurs around the time of injection
 - Tell your doctor or pharmacist if it is interfering with your ability to do regular activities
- Side Effect
 - Muscle cramps
- Ways to Reduce Side Effects
 - Most commonly occurs in large muscle groups, such as those found in the legs
 - Tell your doctor or pharmacist if it is interfering with your ability to do regular activities
- **Less Common Side Effects**
 - Side Effect
 - Elevated calcium levels
 - Ways to Reduce Side Effects
 - Your doctor may order blood tests to check the amount of calcium in your blood
 - Inform your doctor if you notice symptoms of elevated calcium levels (nausea, vomiting, constipation, muscle weakness)
 - Side Effect
 - Sore joints
 - Ways to Reduce Side Effects
 - Usually occurs around the time of injection
 - Tell your doctor or pharmacist if it is interfering with your ability to do regular activities
- **Rare Side Effects**

- Side Effect
 - Osteosarcoma (bone cancer)
- Ways to Reduce Side Effects
 - Prior to its use in humans, teriparatide was studied in rats. It was discovered that a small percentage of rats, when given very high doses of teriparatide, were more likely to develop bone cancer. This side effect has not been reported in people.

➔ **What do I do if I miss a dose?**

- If you forget or are unable to administer a teriparatide injection at your usual time, simply take it at your next regularly scheduled time. Do not take more than one injection in the same day.

➔ **How long will I have to be on teriparatide?**

- Teriparatide is used for a maximum of 2 years, but your treatment period may be shorter. Each patient is different and this is something you should discuss with your doctor or pharmacist.