

# Approved Drugs for Postmenopausal Osteoporosis in the United States and Canada

Revised: February 2016

(Providers should check the full prescribing information for appropriate dosages for the indication and any updates or information that is not provided here, such as warnings and contraindications.)

Active ingredient <i>Indications</i>	Product name(s)	Dosages
<b>Bisphosphonates (oral unless otherwise specified)</b>		
<b>Alendronate</b> <i>Treatment</i> <i>Prevention</i>	Fosamax Generic(s) available Binosto*	Treatment: 70 mg/wk, 10 mg/d Prevention: 35 mg/wk or 5 mg/d Treatment: 70 mg/wk (effervescent)
<b>Alendronate + vitamin D<sub>3</sub></b> <i>Treatment</i>	Fosamax Plus D* Fosavance <sup>†</sup> Generic(s) available <sup>†</sup>	70 mg + 2,800 IU/wk; 70 mg + 5,600 IU/wk
<b>Risedronate (immediate release)</b> <i>Treatment</i> <i>Prevention</i>	Actonel Generic(s) available	Treatment: 5 mg/d; 35 mg/wk; 75 mg on 2 consecutive d/mo; 150 mg/mo Prevention: 5 mg/d; 35 mg/wk; 75 mg on 2 consecutive d/mo; 150 mg/mo may be considered
<b>Risedronate (delayed release)</b> <i>Treatment</i>	Atelvia* Actonel DR <sup>†</sup>	35 mg/wk
<b>Risedronate + calcium carbonate</b> <i>Treatment</i> <i>Prevention</i>	Actonel Plus Calcium <sup>†</sup>	35 mg/wk (day 1) + 1,250 mg Ca (days 2-7)
<b>Ibandronate</b> <i>Treatment</i> <i>Prevention</i>	Boniva* Generic(s) available*	150 mg/mo
<b>Ibandronate injection*</b> <i>Treatment</i>	Boniva Injection* Generic(s) available*	3 mg every 3 mo IV
<b>Etidronate and calcium carbonate<sup>†</sup></b> <i>Treatment</i> <i>Prevention</i>	Didrocal <sup>†</sup> Generic(s) available <sup>†</sup>	400 mg/d oral tablet for 14 d followed by 1,250 mg calcium/d for 76 d

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<b>Zoledronic acid</b> <i>Treatment</i> <i>Prevention</i>	Reclast*  Aclasta†  Generic(s) available	Treatment: 5 mg/y IV Prevention: 5 mg/2 y IV  Treatment: 5 mg/y IV Prevention: single infusion of 5 mg
<b>Estrogen agonist/antagonist</b>		
<b>Raloxifene</b> <i>Treatment</i> <i>Prevention</i>	Evista Generic(s) available	60 mg/d
<b>Calcitonin</b>		
<b>Calcitonin-salmon nasal spray (rDNA origin)</b> <i>Treatment (&gt;5 y postmenopause)</i>	Fortical*	200 IU/d
<b>Calcitonin-salmon nasal spray (synthetic)</b> <i>Treatment (&gt;5 y postmenopause)</i>	Miacalcin* Generic(s) available*	200 USP Salmon Calcitonin Units/d
<b>Calcitonin-salmon injection*</b> <i>Treatment (&gt;5 y postmenopause)</i>	Miacalcin*	100 IU/d SC or IM
<b>Parathyroid hormone</b>		
<b>Teriparatide injection</b> <i>Treatment</i>	Forteo	20 µg/d SC (maximum lifetime exposure 24 mo)
<b>RANK ligand inhibitor</b>		
<b>Denosumab</b> <i>Treatment</i>	Prolia	60 mg every 6 mo SC

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<b>Estrogen-only (oral)</b>		
<b>17<math>\beta</math>-estradiol Prevention</b>	Estrace <sup>†</sup> Generic(s) available*	start with 0.5 mg/d <sup>†</sup> lowest effective dose not determined*
<b>Conjugated estrogens Prevention</b>	Premarin	start with 0.3 mg/d
<b>Conjugated estrogens, CSD (synthetic)<sup>†</sup> Prevention Treatment (C.E.S. only)</b>	pms-Conjugated estrogens, CSD <sup>†</sup> C.E.S. <sup>†</sup>	0.625 mg/d
<b>Estropipate* Prevention</b>	Generic(s) available	0.625 (0.75 estropipate) 25 d/31-d cycle
<b>Estrogen-only (transdermal)</b>		
<b>17<math>\beta</math>-estradiol patch Prevention</b>	Alora* Climara  Estraderm* Estradot <sup>†</sup>  Menostar* Minivelle* Vivelle-Dot*  Generic(s) available	0.025 mg/d (twice/wk)  <i>US:</i> start with 0.025 mg/d, <i>Canada:</i> 0.05 mg/d minimum approved (once/wk)  start with 0.05 mg/d (twice/wk)  not specified: ideally, maintain plasma levels at 183 pg/mL  0.014 mg/d (once/wk)  start with 0.025 mg/d (twice/wk)  start with 0.025 mg/d (twice/wk)

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<b>Estrogen-progestogen combinations</b>		
<i>Oral continuous-cyclic</i>		
<b>Conjugated estrogens + medroxyprogesterone acetate</b> <b>Prevention</b>	Premphase*	0.625 mg E + 5.0 mg P/d (2 tablets: E and E+P) (E alone days 1-14, E + P days 15-28)
<i>Oral continuous-combined</i>		
<b>Conjugated estrogens (E) + medroxyprogesterone acetate (P)</b> <b>Prevention</b>	Prempro*	0.3 or 0.45 mg E + 1.5 mg P/d; 0.625 mg E + 2.5 mg or 5.0 mg P/d
<b>Ethinyl estradiol (E) + norethindrone acetate (P)</b> <b>Prevention</b>	femhrt*, femHRT Lo <sup>†</sup> Generic(s) available femhrt*, femHRT <sup>†</sup> Generic(s) available	2.5 µg E + 0.5 mg P/d 5 µg E + 1 mg P/d
<i>Oral intermittent combined</i>		
<b>17β-estradiol (E) + norethindrone acetate (P)</b> <b>Prevention</b>	Activella* Generic(s) available* Activelle LD <sup>†</sup> Activelle <sup>†</sup>	0.5 mg E + 0.1 mg P/d; 1 mg E + 0.5 mg P/d 0.5 mg E + 0.1 mg P 1 mg E + 0.5 mg P
<b>17β-estradiol (E)+ norgestimate (P) (intermittent-combined)</b> <b>Prevention</b>	Prefest*	1 mg E and 1 mg E + 0.09 mg P (E alone for 3 d, followed by E + P for 3 d, repeated continuously)

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<i>Transdermal continuous combined</i>		
<b>17<math>\beta</math>-estradiol (E)+ levonorgestrel (P)</b> <i>Prevention (indication only in United States)</i>	Climara Pro	0.045 mg E + 0.015 mg P (once/wk)
<b>Estrogen agonist/antagonist combination</b>		
<b>Conjugated estrogens (E) + bazedoxifene (P)</b> <i>Prevention</i>	Duavee*	0.045 mg E + 20 mg bazedoxifene/d

\*Available in the United States but not Canada.

†Available in Canada but not the United States.

Products not marked are available in both the United States and Canada.

IV = intravenous, sc = subcutaneous

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