

Quick Reference Guide to Bisphosphonate Treatment Duration

Treat with alendronic acid, ibandronic acid or risedronate for 5 years. 3 years for intravenous zoledronic acid. Check adherence at 3 months.

Risk assess with FRAX and DEXA

HIGH RISK

- Above NOGG treatment threshold
- Post treatment T-score ≤ -2.5 with history of fragility fractures
- History of hip / vertebral / or multiple fragility fractures
- Continuing oral glucocorticoid therapy ($\geq 7.5\text{mg/ day}$ Prednisolone)
- Continuing high risk patient (frailty, frequent falls, age ≥ 75)
- Fracture on treatment *

Continue treatment for a further 5 years

***If patient fractures having been on treatment for at least 1 year**

- check adherence
- exclude secondary causes
- consider referral to osteoporosis specialist for second line therapy

LOW RISK

- Below NOGG treatment threshold
- Post treatment Bone Mineral Density (BMD) > -2.5
- Stable or improved BMD
- No history of hip / vertebral / multiple fragility fractures
- No fracture during treatment
- Age < 75

Consider drug holiday

[1 year: risedronate/ ibandronic acid; 2-3 years: Alendronic acid; 3 years: zoledronic acid]

Continue calcium / vitamin D

Drug holiday reassessment at indicated interval or if new fracture

- Repeat DEXA and FRAX
- Consider re-starting treatment if:
 - Deterioration on DEXA
 - New fracture
 - Above NOGG treatment threshold

REF: The National Osteoporosis Guideline Group (NOGG) algorithm for long-term treatment monitoring; [NOGG Clinical Guideline for the Prevention and Treatment of Osteoporosis 2017](#)