

FRiSCy Anti-osteoporosis Medication duration of therapy

draft awaiting approval

Oral bisphosphonates

If fracture on treatment > check adherence/ switch re-start the clock

5 years on

2 years off

For zoledronate > 3 years on, 2 years off cycling

10 years on

Over 75yr
Hip/ multiple fractures
Current oral steroids
Pre-Treatment DXA ≤ -4
5yr DXA ≤ -2.5 *

2 years off

*If BMD loss despite adherent therapy, then consider switching to parenteral therapy with dmab or zoledronate

Denosumab

Do not stop



If fracture on treatment>
check adherence/ PINP and consider
Referral to specialist bone clinic

Please continue to use denosumab
Due to a rebound in multiple fracture risk on treatment cessation, if
Patients need to stop denosumab this should be managed by a
Specialist bone clinic