Algorithm to assess bisphosphonates drug holiday (exc. denosumab)

≥ 5 Years Oral Bisphosphonate Treatment

(≥ 3 years IV Zoledronic Acid)

HIGH RISK

- **Vertebral fracture**
- **Hip fracture**
- **>70 years age**
- **Steroid treatment**
- **New fracture since starting treatment**

LOW RISK ---> ASSESS FRACTURE RISK

FRAX SCORE / DXA

MEDICATION USE REVIEW

HIGH RISK

- **≥ 20% major # OR**
- **≥ 5% hip # OR**
- **Hip BMD <-2.5**

LOW RISK

- **< 20% major # AND**
- **< 5% hip # AND**
- **Hip BMD >-2.5**

- **Continue treatment for 10 years total with calcium / vitamin D**
- **Regular dental checks**

≥ 10 years total treatment

REASSESS EVERY 2 YRS (case by case)

≥ 15 years total treatment

DISCUSS DRUG HOLIDAY

Alendronate	2-3 years
Risedronate	1-2 years
Ibandronate	1-2 years
Zoledronate	3 years

STOP BISPHOSPHONATES

2 years later

REPEAT FRAX

BNSSG Medicines Optimisation team. Approved APMOC Dec 23, Review Dec 26