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BEMS | OSTEOPOROSIS & BONE HEALTH

Abaloparatide (Eladynos®)

Patient information fact sheet • October 2026

Abaloparatide is a prescription medicine that stimulates new bone formation. It is used to treat osteoporosis in postmenopausal women at increased risk of fracture. It can reduce the likelihood of fractures, particularly in the spine, but it does not eliminate fracture risk.

At a glance

Medicine	Abaloparatide (brand: Eladynos®); bone-forming (anabolic) therapy
Usual dose	80 micrograms injected under the skin once daily, at around the same time each day
Where injected	Lower abdomen; rotate the site each day and avoid the area within 5 cm of the navel
Maximum treatment	18 months in total; another osteoporosis medicine may be recommended afterwards for consolidation therapy
Pen	Pre-filled multi-dose pen intended for 30 days of use

Advantages and disadvantages of abaloparatide

The potential benefits and practical drawbacks should be considered alongside your fracture risk, medical history and treatment preferences.

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Abaloparatide Patient Information Sheet

Potential advantages	Potential disadvantages / considerations
Stimulates new bone formation and can lower fracture risk, especially fractures of the spine.	Requires a daily injection under the skin for up to 18 months.
May be considered when fracture risk is very high or other osteoporosis treatments are unsuitable.	Can cause side effects such as dizziness, nausea, headache or palpitations; some people have a fall in blood pressure after injecting.
Can be self-administered at home following appropriate instruction.	The pen and needles need safe handling, temperature-appropriate storage, rotation of injection sites and sharps disposal.
A bone-forming treatment option that works differently from medicines that primarily slow bone breakdown.	A follow-on osteoporosis medicine is generally needed to preserve bone-density gains after abaloparatide is stopped.

Not everyone will obtain the same benefit or experience side effects. Your specialist can help you weigh these points against alternative treatments.

Who might be offered treatment?

Your specialist assesses fracture history, bone density, risk factors and other medical conditions before recommending treatment. Abaloparatide may be considered when fracture risk is high. A clinical assessment is essential to decide whether it is suitable for you.

When abaloparatide should not be used

Do not use this medicine if you have an allergy to its ingredients, high blood calcium, severely reduced kidney function, unexplained high alkaline phosphatase (ALP), a history of bone cancer or cancer that has spread to bone, or prior radiation treatment involving bone. It must not be used during pregnancy or breastfeeding. Tell your prescriber about kidney stones, high urine calcium, dizziness on standing, heart disease or high blood pressure.

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Using the injection safely

- Do not inject until a clinician has trained you or your carer to use the specific pen. Use a new compatible needle every time
- Choose a new site on the lower abdomen each day. Do not inject into skin that is sore, bruised, scarred, hard, red or irritated. Do not share your pen.
- Place used needles immediately in an appropriate sharps container. Follow the full Eladynos Consumer Medicine Information (CMI) and pen instructions for preparation and injection.
- If you miss a dose, it may be taken within 12 hours of the usual time. Otherwise skip it and resume the next day. Never take more than one dose in one day.

Storage

Before first use: refrigerate between 2°C and 8°C; do not freeze.
After first use: keep below 25°C, away from heat, sunlight and moisture. Discard the pen 30 days after first use, even if medicine remains. Do not use a pen that has frozen or contains cloudy, coloured liquid or visible particles.

Possible side effects and what to do

Possible side effects	Suggested action
Dizziness or light-headedness, especially after an injection	Sit or lie down if needed. Avoid driving or machinery until you feel well; tell your treating team if it persists.
Headache, nausea, back or joint pain	Contact your doctor or pharmacist if persistent, worsening or troublesome.
Palpitations or fast heartbeat	Contact your doctor promptly; seek emergency assessment if severe or accompanied by fainting, chest pain or breathlessness.
Severe allergic reaction	Call 000 for breathing difficulty, facial or tongue swelling, or collapse.

This is not a complete list of side effects. Eladynos is under additional safety monitoring in Australia. Suspected adverse effects can be reported to your healthcare professional or the TGA: www.tga.gov.au/reporting-problems.

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Monitoring and treatment after abaloparatide

Your specialist may check your blood pressure, cardiovascular history and relevant blood tests before treatment, and review any symptoms during treatment. Ensure calcium and vitamin D intake is adequate as advised by your treating clinician. At or before the end of the 18-month course, discuss a follow-on osteoporosis treatment to help maintain bone gains; this may include a bisphosphonate where appropriate.

Questions to discuss with your specialist

Ask about your personal fracture risk, treatment options, the practicalities of daily injections, possible side effects, medication interactions (including digoxin and medicines for blood pressure), and the plan for treatment after 18 months.

Important information and sources

This fact sheet provides general education only and is not a substitute for individual medical advice or the full Australian Consumer Medicine Information. The prescribing clinician should review and approve this information before publication. For exact injection procedures, consult the instructions supplied with the medicine.

Source acknowledgement:

Original patient-facing summary informed by the Royal Osteoporosis Society's "Abaloparatide" information (reviewed May 2026). Adapted with reference to Australian Eladynos Consumer Medicine Information and Therapeutic Goods Administration guidance. The source material remains the intellectual property of its respective owners; no ownership is claimed by BEMS. Attribution does not imply endorsement or grant a licence to reproduce original text.

https://theros.org.uk/information-and-support/treatments-and-medicines/a-to-z-list-of-medicines/abaloparatide/
https://www.safetyandquality.gov.au/medicine-finder/eladynos
https://www.tga.gov.au/resources/artg/430937