



<b>Estrogens (Indicated for Osteoporosis prevention)</b>						
<i>estradiol oral</i>	2		2		0.5mg PO daily	Peripheral edema, nausea/ vomiting, breast tenderness
<i>estradiol patches, dotted, lyllana</i>	3		2		Transdermal system: start at 0.025mg/day once or twice weekly	
<i>estradiol / norethindrone, amabelz, mimvey</i>	3		2		0.5mg / 0.1mg – 1mg / 0.5mg PO QD	
<i>norethindrone acetate / ethinyl estradiol, fyavolv, jinteli</i>	3		2		0.5mg / 2.5mcg - 1mg / 5mcg PO QD	
PREMARIN ORAL (conjugated estrogens)	3		3		0.3 – 0.625 mg PO QD	
PREMPRO, PREMPHASE (medroxy-progesterone / conjugated estrogens)	3		3		Start at 0.3mg / 1.5mg PO QD	
<b>Calcitonin</b>						
<i>calcitonin-salmon nasal</i>	2		2		1 spray (200 IU) / day, alternating nostrils	Nasal symptoms (e.g., nasal crusts, dryness, redness, nasal sores, irritation, itching, soreness, infection)
<b>Parathyroid Hormone</b>						
FORTEO (teriparatide)	5	[PA]	5	[PA]	GIO (men and women), PMO treatment: 20mcg SC daily	Hypertension, arthralgia, rhinitis, nausea, dizziness, pain, asthenia, headache



<i>teriparatide</i>	5	[PA]	5	[PA]	GIO (men and women), PMO treatment: 20mcg SC daily	Hypertension, arthralgia, rhinitis, nausea, dizziness, pain, asthenia, headache
TYMLOS <i>(abaloparatide)</i>	5	[PA]	5	[PA]	80mcg SC daily	Hypercalciuria, dizziness, nausea, headache, and palpitations
<b>RANK Ligand (RANKL) Inhibitor</b>						
PROLIA <i>(denosumab)</i>	4	[PA]	4	[PA]	Treatment of PMO and Osteoporosis in men: 60mg SC every 6 months	Back pain, arthralgia, extremity pain

\*GIO: glucocorticoid-induced osteoporosis      PMO: postmenopausal osteoporosis

Brand-name drugs are capitalized and generic drugs are listed in lower-case italics

[PA] = Prior Authorization



## Osteoporosis Guidelines References

Osteoporosis Guidelines adapted from:

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