

## IRON SUPPLEMENTS

Ferrous sulphate / Ferrous fumarate / Ferrous gluconate

**Other names:** Ferrograd®      Ferrograd-C®      Ferrograd-F®  
 Ferro-tab®      Ferro-F-Tab®      Ferodan®



**Important note:** The following information is intended to add to, not replace, the knowledge and judgment of your doctor, pharmacist or other health care professional.

### How does iron work?

Iron is a substance that is required in the body to help maintain a healthy immune system, to help in energy production and is needed to make haemoglobin which carries oxygen around the body. A shortage of iron can lead to anaemia (low haemoglobin). There are many causes to iron shortage such as:

- Pregnancy
- Blood loss due to heavy periods
- Long-term kidney disease (chronic renal failure) or undergoing renal dialysis
- Blood loss from the stomach/gastrointestinal tract
- Not enough iron in your diet
- Decreased absorption or utilisation of iron

### Why you are taking this medicine?

Taking iron can prevent the following symptoms:

- Fatigue and tiredness
- Dizziness
- Headache
- Breathlessness
- Cold symptoms

### When to take this medicine

Iron medicines are best taken on an empty stomach. However, if the iron tablets upset your stomach then take them after food.

The Ferrograd products (including Ferrograd-C and Ferrograd-F) should be swallowed whole.

Iron should be taken regularly as your doctor directs.

Note: that the different iron preparations contain different amounts of iron.

## If you miss a dose

Take your dose as soon as possible except when it is close to the time for your next dose. If it is almost time for the next dose, skip the missed dose and return to your regular dosing schedule. You should not take two doses at the same time.

## Side effects

Unfortunately as well as having good effects, most medicines have some effects on your body that are unwanted. These are called *side effects*.

Tell your doctor or pharmacist if you have these side effects:

- Black coloured stools
- Constipation
- Diarrhoea
- Heartburn or stomach discomfort
- Gastrointestinal (stomach) upsets such as nausea and/or vomiting

Liquid iron (Ferodan) can stain your teeth. This can be minimised by using a straw or brushing your teeth with baking soda.

The list of side effects is **not** complete. Tell your doctor or pharmacist if any of these side effects are of a concern to you.

## Other medicines

Tell your doctor or pharmacist if you are taking any other medicine including herbal or complementary products and medicines you can buy without a prescription.

Iron should **not** be taken at the same time as:

- Antacids (e.g. Mylanta)
- Antibiotics (e.g. ciprofloxacin, doxycycline)
- Thyroid medicines (e.g. thyroxine, levothyroxine)

These should be taken at least two hours apart from each other.

## Storage

Keep all medicines out of reach of children.

**Read this leaflet and discuss any questions you have about your medicines with your doctor or pharmacist.**