

A medication information leaflet for paediatric patients

FERROUS SULPHATE

Other names: 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.

The name of your child's medicine is: ferrous sulphate

Why is your child taking this medicine?

Ferrous sulphate is an iron supplement. Iron is a mineral that the red blood cells in the body require to help carry oxygen in the blood. When the body does not get enough iron, less oxygen is transported around the body in the red blood cells and good health is not maintained. If your child has low iron levels he/she may feel tired, short of breath, irritable and have difficulties learning. Iron supplements are needed when there is not enough iron available from the diet.

When to give this medicine to your child

- Give exactly as directed by your doctor or pharmacist, never give more than the prescribed dose.
- Give ferrous sulphate at the same time(s) every day. Marking a calendar may be a helpful reminder.
- Ferrous sulphate is best taken on an empty stomach with water or fruit juice but can be given after food if it upsets your child's stomach.
- Carefully measure each dose with an oral syringe or a medicine measure (available from your community pharmacy). Do not use a kitchen teaspoon as it will not give the right amount.
- Make sure you always have a supply of medicine on hand.

DO NOT STOP giving ferrous sulphate without your doctor's permission.

What should you do if your child misses a dose

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

What should you do if your child vomits after a dose

If the vomiting occurs less than 15 minutes after the medicine is given, give the entire dose again. If more than 15 minutes have passed, do not give it again until the next scheduled dose.

Side effects

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

Call your doctor or speak to your pharmacist **immediately** if your child has any of these side effects:

- severe vomiting or diarrhoea
- blood in the vomit or stools (blood in the stools will make them red or black and sticky)
- chest or throat pain, or 'heartburn'

Tell your doctor or pharmacist if your child has these side effects:

- stomach pain, cramping
- nausea
- diarrhoea
- constipation
- dark stools

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

Other Medication

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

Iron may change the absorption of some other medications, such as:

- antibiotics (e.g. quinolones like ciprofloxacin)
- antacids (e.g. Mylanta)
- calcium (e.g. calcium carbonate)

The time of the dose may have to be changed if your child is taking other medications. Check with your pharmacist.

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.