

Information for Pregnant Women

Oral Iron



Name: _____

Today's date: _____

Your Test Results:

Date of blood test:			
Haemoglobin (g/L):			
Ferritin (µg/L):			






Based on your test results it is recommended you begin taking medicine containing:

- ≥60 mg** of elemental iron
- 100 – 200 mg** of elemental iron

Until your blood test results return to normal or for the remainder of your pregnancy and for a minimum of six weeks after the birth of your baby.

Follow up:

- Repeat blood test at _____ weeks.
- GP for a blood test six weeks after birth of your baby.

Recommended Iron Preparation	Elemental Iron	Dose Information
<input type="checkbox"/>  Ferro-f-tab * Ferrous Fumarate 310mg, Folic Acid 300mcg	100mg	Take one tablet on an empty stomach: <input type="checkbox"/> once a day <input type="checkbox"/> twice a day <input type="checkbox"/> on alternate days
<input type="checkbox"/>  Ferro-tab * Ferrous Fumarate 200mg	65.7mg	Take one tablet on an empty stomach: <input type="checkbox"/> once a day <input type="checkbox"/> twice a day <input type="checkbox"/> on alternate days
<input type="checkbox"/>  Ferrodan Ferrous Sulphate 60mg/10 mL Liquid	60mg/10mL	Take _____ mL once a day with food, through a straw to avoid staining teeth.
<input type="checkbox"/>  Ferrograd ** Ferrous Sulphate 325mg	105mg	Take one tablet on an empty stomach: <input type="checkbox"/> once a day <input type="checkbox"/> twice a day <input type="checkbox"/> on alternate days
<input type="checkbox"/>  Ferrograd C ** # Ferrous Sulphate 325mg, Ascorbic Acid 500mg	105mg	Take one tablet on an empty stomach: <input type="checkbox"/> once a day <input type="checkbox"/> twice a day <input type="checkbox"/> on alternate days

* First line recommendation

** Controlled release formulation not recommended due to poor absorption

All preparations are fully subsidised except Ferrograd C.

Taking Iron:


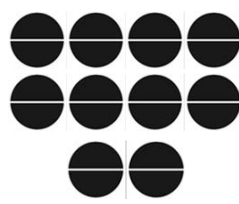


- Take 1 hour before you eat a meal or 2 hours after a meal
- Take with water or juice (**NOT milk, fizzy drink, tea or coffee** which prevent iron being absorbed)
- Keep taking the iron until your blood test results are back to normal


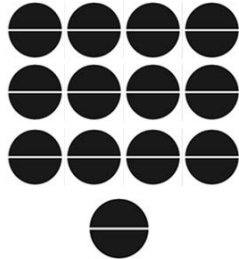


Side Effects:

- Iron may make your bowel motions look dark and become firm (constipation) or loose (diarrhoea) and it could cause heartburn (indigestion) or make you feel a little sick (nausea).
- If you have nausea or diarrhea change the time you take the iron and have it with food
- Drink plenty of water, take foods high in fibre and exercise (walking etc.) to reduce constipation
- For any other mild side effects, keep taking the iron and talk to your midwife or doctor

Comparison of recommended iron preparations with over-the-counter multivitamins

The number of tablets or volume of liquid required for an effective daily dose based on the recommended daily dose of elemental iron;

Ferro-f-tab	Healthies Pregnancy and Breastfeeding Multi	Elevit Pegnancy	Floradix Iron and Herbs
1 tablet = 100mg elemental iron	1 tablet = 10mg of elemental iron	1 tablet = 60 mg of elemental iron	10 mL dose = 10 mg of elemental iron
			
1 tablet	10 tablets	2 tablets	10x 10 mL doses

Ferro-tab	Blackmores Pregnancy and Breastfeeding Gold	Thompsons Organic Iron	Carbonyl Iron
1 tablet = 65.7mg elemental iron	1 tablet = 5 mg of elemental iron	1 tablet = 24 mg of elemental iron	1 tablet = 18 mg of elemental iron
			
1 tablet	13 tablets	3 tablets	4 tablets

Important:

The information on this page is to show that there is not enough iron in the over-the-counter preparations to treat low iron levels, compared to the recommended preparations. Do not take multiple doses of multivitamin tablets. Please follow the instructions on the front page of this leaflet.

(Adapted with permission from Canterbury DHB)