



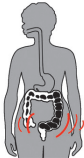









<p>Active ingredients (generic names)</p>	<p>IRON (i-on)</p>  <p>Other medicines for anaemia Not included in this monograph — see individual monograph or <i>AMH</i> for information:</p> <ul style="list-style-type: none"> • Vitamin B12 • Folic acid <p>Anaemia medicine combinations Not included in this monograph — see <i>AMH</i> for information:</p> <ul style="list-style-type: none"> • Iron + folic acid (eg <i>FGF</i>, <i>Fefol</i>, <i>Ferro-F</i>) • Iron + Vitamin C (eg <i>Ferrograd C</i>)
<p>What it is used for</p>	<ul style="list-style-type: none"> • Anaemia (weak blood) in children and youth • Strengthens the blood in people who have low iron stores or iron deficiency anaemia (weak blood) <ul style="list-style-type: none"> ▶ Pregnant women ▶ Women who have heavy periods ▶ People who have lost a lot of blood from injury ▶ People with kidney failure ▶ People who don't get enough iron from food they eat
<p>How it works</p>	<ul style="list-style-type: none"> • Iron is needed to build red blood cells which carry oxygen to body's cells • Iron and folic acid normally come from red meat, eggs and leafy vegetables, but sometimes this isn't enough for the body's needs 
<p>Side effects</p>	<ul style="list-style-type: none"> • Black faeces  <p>Nausea</p>  <p>Abdominal pain</p>  <p>Constipation</p>

 <p>Warnings</p>	 <p>Anaphylaxis, (severe allergic reaction) — rare, with injection</p> <p>Interactions — Do not use together without medical consult</p> <p>IRON with</p> <ul style="list-style-type: none"> • Doxycycline (tetracyclines), antacids, calcium, zinc — take at least 2 hours before or after iron medicine • Quinolones (eg ciprofloxacin) — take at least 2 hours before taking iron medicine • Levodopa • Thyroxine
<p>Tell the patient</p> 	<ul style="list-style-type: none"> • Too much iron medicine is dangerous. Measure amounts carefully. Keep in a safe place out of reach of children • Do not take with tea — stops it working properly • Mixture can stain teeth. Mix with water and drink through straw • Causes dark stools • Some iron medicines need to be swallowed whole (eg slow-release or coated tablets) • Eat foods with lots of iron — red meat, leafy vegetables <div style="display: flex; justify-content: space-around; align-items: flex-end;"> <div style="text-align: center;">  <p>Lock up medicines</p> </div> <div style="text-align: center;">  <p>Take on empty stomach — unless upsets stomach</p> </div> <div style="text-align: center;">  <p>Eat healthy food</p> </div> </div>
<p>Check</p>	<ul style="list-style-type: none"> • Always have anaphylaxis kit with adrenaline (epinephrine) ready when giving iron injections • Check for and treat cause of anaemia (low iron) (eg heavy periods, NSAIDs, hookworm) <div style="text-align: center;">  <p>Blood test — do fasting iron studies, if needed</p> </div>