Iron supplements

Consumer medicine information
To give you energy for daily life, you need iron. This brochure contains information on iron supplements recommended to treat low iron levels, with or without anaemia. Other iron tablets and tonics available contain very small amounts of iron. These are generally not suitable when an iron supplement is required. Anaemia can develop if iron levels fall. Take iron tablets as prescribed by your doctor.

The iron supplements you have been prescribed are:

<table>
<thead>
<tr>
<th>Trade name®</th>
<th>Formulation</th>
<th>Elemental iron content</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ferro-Gradumet®</td>
<td>325mg Ferrous sulfate Controlled release tablets</td>
<td>105mg</td>
</tr>
<tr>
<td>Ferrograd C®</td>
<td>325mg Ferrous sulfate + Vitamin C 562mg Controlled release tablets</td>
<td>105mg</td>
</tr>
<tr>
<td>Ferro-F-tab®</td>
<td>310mg Ferrous fumarate + folic acid 350microg Film coated tablets</td>
<td>100mg</td>
</tr>
<tr>
<td>Maltofer®</td>
<td>370mg iron polymaltose Film coated tablets</td>
<td>100mg</td>
</tr>
<tr>
<td>Fefol®</td>
<td>270mg Ferrous sulphate + folic acid 300microg Controlled release capsules</td>
<td>87mg</td>
</tr>
<tr>
<td>FGF®</td>
<td>250mg Ferrous sulfate + folic acid 300microg Controlled release tablets</td>
<td>80mg</td>
</tr>
<tr>
<td>Ferro-tab®</td>
<td>200mg Ferrous fumarate Film coated tablets</td>
<td>65.7mg</td>
</tr>
<tr>
<td>Maltofer Syrup®</td>
<td>185mg iron polymaltose in 5mL</td>
<td>50mg/5mL</td>
</tr>
<tr>
<td>Ferro-liquid®</td>
<td>250mL bottle Ferrous sulfate</td>
<td>30mg/5mL</td>
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</tbody>
</table>

These products are available from your local pharmacy without a prescription. Please consult your doctor regarding the duration of your iron therapy.
How to take your medicine

Ferro-Gradumet®, Ferrograd C®, FGF®, Fefol®, Ferro-f-tab®, Ferro-tab®, Ferro-liquid® should be taken:
- On an empty stomach (one hour before or two hours after a meal).
- With a glass of water or fruit juice.
- Swallowed whole, do not crush or chew capsules and tablets.
- Do NOT take with tea, coffee, chocolate/cocoa drinks or red wine.
- DO NOT take within two to three hours of antacids, calcium tablets or tetracycline antibiotics.

Maltofer® tablets should be taken:
- Swallowed whole.
- With a glass of water.
- During or immediately after a meal.

Maltofer® syrup:
- Can be mixed with fruit and vegetable juices.

Side effects
- Nausea, upset stomach, stomach cramps, constipation and diarrhoea.
- Side effects often improve or disappear as your body adjusts to the iron supplement.
- It is normal for iron supplements to make your stool (faeces) turn black.

How to ease side effects
- Spread tablets throughout the day.
- Increase daily fluid and fibre to ease constipation.
- If iron upsets your stomach, take with or shortly after food.
- A different type of iron may help.
- If iron tablets cannot be tolerated, iron syrup may be suitable and can be diluted with water or fruit juice and sipped through a straw to avoid teeth discoloration.

WARNING
KEEP OUT OF REACH OF CHILDREN

Iron tablets should be kept out of reach of children.
A small amount of iron can be poisonous, even fatal in infants and young children.
If a child accidentally takes iron tablets call the Poisons Information Centre immediately on 13 11 26

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