

Medication: Iron

ferrous fumarate 300 mg (100 mg elemental iron)
or ferrous gluconate 300 mg (35 mg elemental iron)
or ferrous sulfate 300 mg (60 mg elemental iron)

What are iron supplements:

Iron supplements are used to treat or prevent low iron in the body. Iron deficiency may present with symptoms such as fatigue, hair loss, and dry skin. You don't have to be anemic (low hemoglobin) to benefit from iron when your levels are low

Expected Benefit:

- May take months to notice a benefit

Watch for possible side effects:

This list of side effects is important for you to be aware of however, it is also important to remember that not all side effects happen to everyone.

If you have problems with these side effects talk with your doctor or pharmacist:

- Constipation (Contact the clinic if you develop constipation)
- Stomach upset
- Nausea

You may notice that your stool is darker or black while taking iron. This is expected.

Stopping the medication:

Please talk with your doctor before stopping this medication.

How to use this medication:

- Take with vitamin C or orange juice (or other acidic juice) on empty stomach
- If you experience upset stomach then you can take it with food or at bedtime.
- Do not take at the same time as milk or milk products.

Dosing Schedule:

- Available without prescription. Ask your pharmacist for help in selecting the correct iron.
- Take one of the following:
 - Ferrous fumarate 300 mg *every second day*
 - Ferrous gluconate 300 mg *every second day*
 - Ferrous sulfate 300 mg *every second day*
- If 300 mg is too hard on your stomach
 - Cut tablets in quarters and take ¼ of a tab
 - Increase by ¼ tab as tolerated
 - It is better to take a small portion than none at all

Drugs and Foods Interactions:

Ask your doctor or pharmacist before using any other medication, including non-prescription medication (over-the-counter medication) and herbal products.

- Take 2 hours before, or 4 hours after antacids, calcium, and other acid suppressing medications (e.g. ranitidine, omeprazole)
- Avoid raspberry leaf

Please contact the Complex Chronic Diseases Program if you have further questions about your medications.