

# Medication Information

## Iron Salts

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### Other names for this medication

Ferrous Fumarate – Palafer<sup>®</sup>

Ferrous Sulphate – Slow Fe<sup>®</sup>

Ferrous Gluconate

Polysaccharide Iron Complex - Feramax<sup>®</sup>

Heme Iron Polypeptide – Hema-Fer<sup>™</sup>

There are many other names for this medication.

Iron is also found in many vitamins.

### How this medication is used

This medication is used to treat or prevent iron deficiency anemia. Iron deficiency means a low level of iron in the blood. The body needs iron to make red blood cells. When your red blood cell level, also called hemoglobin, is low, you feel tired and weak.

### How to take this medication

Take this medication exactly as directed by your health care provider.

Take this medication with food if it upsets your stomach. Do not take this medication with milk or milk products.

Do not take this medication within 1 hour of taking antacids. Antacids stop the iron from working.

## How to take this medication (continued)

Liquid iron products are sold with a measuring device. Use the measuring device to get an accurate dose.

If you miss a dose of this medication, take it as soon as possible. However, if it is almost time for your next dose, skip the missed dose and go back to your regular times. Do not take 2 doses at one time.

**Tablets or Capsules:** Swallow whole with a full glass of water or juice. Chewing the tablets or capsules will stain your teeth.

**Liquid:** Mix with water or juice to avoid staining.

**Drops:** Place right on the tongue or mix with water or juice.

Iron stains on teeth may be removed by brushing your teeth with baking soda.

## While taking this medication you may notice

- upset stomach
- constipation
- gas or bloating
- nausea
- diarrhea
- dark stools

To avoid constipation, eat food high in fibre, drink 6 to 8 glasses of liquid each day and exercise regularly. Food high in fibre includes whole grain products, vegetables and fruits.

## Contact your health care provider if you notice

- vomiting
- severe constipation
- continued nausea or stomach pains