



Iron supplements

Your doctor will do tests to see if you are iron deficient or anaemic and might suggest iron supplements and diet changes to help increase your iron levels.

- Iron deficiency or anaemia is a lack of iron in your blood.
- Iron is needed to carry oxygen around the bloodstream and is what makes red blood cells.
- Iron deficiency or anaemia can cause tiredness, breathlessness, dizziness, the sensation of having palpitations (thumping heart) and headache.

Taking iron supplements

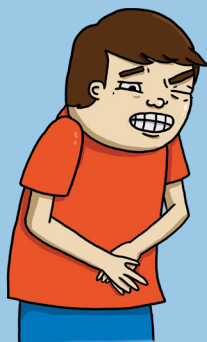
- Your doctor will let you how much to take.
- Take supplements about 1 hour before a meal but **if you feel nauseous** take the supplements **with food**.
- **Don't take more than** what the doctor prescribed, if you forget a dose don't worry. Take the next dose when it is due, too much iron at once can make you sick.
- Some **medicines and food can affect** with the way iron is **absorbed**. Speak to your doctor or pharmacist.
- Your doctor will talk to you at the **follow up appointment** and do the tests again to see if the supplements are working and see if you will still need to take the supplement.

Common side effects

Diarrhea or constipation



Upset stomach, nausea



Vomiting



Dark stools



Tell your doctor if you:

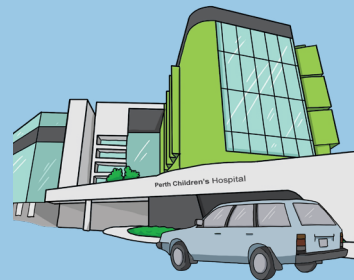
- have any **questions**
- have any **difficulty swallowing**
- are taking **any other medications**, including herbal or bush medicines
- have ever had an **allergic reaction** to a medicine.

Important to remember

Keep all medicines **out of reach and out of sight** of children. Keep medicines in a cool, dry place, away from direct heat and light.



If swallowed, call Poisons Centre on **13 11 26** or go to the **Emergency Department**. Show them the container of what you're taking.



To dispose of **out-of-date** or **unwanted** medicines take them to a pharmacy.



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Child and Adolescent Health Service

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This document can be made available in alternative formats on request for a person with a disability.

Disclaimer: This publication is for general education and information purposes. Contact a qualified healthcare professional for any medical advice needed.

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