

Intravenous Iron Therapy

Patient Information leaflet

This leaflet can be made available
in alternative languages / formats on request.

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Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.

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Why have you been given this leaflet?

You have been given this leaflet because you have low levels of iron in your body and because your doctor believes that intravenous iron is an appropriate treatment for you.

What is iron?

Iron is an essential mineral for your body. It is needed to provide oxygen to the body and keep you healthy. When iron levels become low in the body it can lead to a condition called anemia, where red cells are either smaller and/or fewer than normal.

What is an Iron Infusion?

This is when iron is given directly as a slow injection or by a diluted infusion given through a drip into a vein in your arm.

Are there any side effects?

As with all medicines, intravenous iron can cause side effects, although not everyone will experience them. Side effects can include:

- Allergic reactions which can cause shortness of breath, rash, itching, skin becomes flushed, nausea and shivering
- Anaphylaxis – A serious allergic reaction which occurs between 1 in 1,000 to 1 in 10,000 cases
- Temporary changes in taste (things might have metallic tasting)
- Headache, nausea or vomiting
- Muscle or joint pain

- Diarrhoea or constipation
- Changes to blood pressure or pulse
- Injection site reactions (pain, burning, irritation, redness, swelling around the injection site)
- Leakage of the intravenous iron medication into the tissue, this can cause discoloration that can be long lasting or even permanent

Are there any other treatments I could have?

Low iron levels can be treated in many ways. Usually other treatments will have been tried before arranging treatment with intravenous iron. Other treatments can include:

- Changing your diet to include foods that have more iron in them.
- Taking iron tablets or liquid.
- Taking more Vitamin C in your diet which may help you to absorb iron better.
- Treatment of the condition or illness causing low iron levels (i.e. heavy periods).
- Reviewing medications which could cause low iron levels.

If you have any questions, please ask your nurse or doctor.