



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:

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

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 discolouration.

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



This document can be made available
in alternative formats on request.

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