

# Iron Infusion

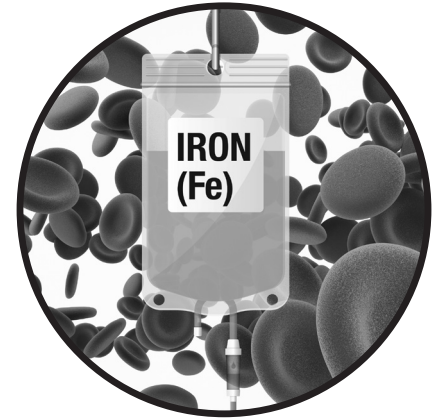
## INTRAVENOUS (IV) IRON INFUSION

### What is an IV iron infusion?

Intravenous or IV means giving something directly into the blood stream of the body through your vein.

### Why is iron important?

Iron is essential for the body to make haemoglobin (Hb) or red blood cells which is important for carrying oxygen from your lungs to the rest of your body. Low haemoglobin levels (also known as anaemia) make you feel tired. Very low levels may require you to have a blood transfusion.



### Why are you being given an iron infusion?

The most common way to treat iron deficiency anaemia is to take iron by mouth as a tablet or liquid. Intravenous iron infusion is an alternative way of giving iron. IV iron infusion is given if you are:

- Unable to tolerate iron taken by mouth
- Unable to absorb iron through the gut.
- In need of a rapid increase in iron levels to avoid complications or a blood transfusion.

## PREPARATION

### Before you have an iron infusion, tell your doctor if you

- Had a reaction to any type of iron injection or infusion in the past
- Have a history of asthma, eczema or allergy
- Have a history of liver disease
- Have haemochromatosis or a family history of haemochromatosis
- Are pregnant or trying to get pregnant
- Are breastfeeding
- Are on medication (including over the counter or herbal medication)

### On the day of the infusion

- Have your breakfast or lunch as usual. You do not need to fast for an iron infusion.
- Take all your regular medications
- You can drive home after the infusion (unless there is an unexpected reaction) and resume usual activities.
- The doctor will put a small IV drip in your arm or hand through which the infusion will be given.
- Let staff know if you feel unwell at any time during the infusion.

### Other medication

There is no benefit in taking iron tablets or liquid when you are having an iron infusion. If you are taking supplements, tell your doctor.

## PROCEDURE

### How is an iron infusion given?

Your doctor will determine if you need an IV iron infusion based on your blood results and clinical situation. They may need your weight to calculate the correct dose. Infusions are prepared in bags by the nursing staff and given via a drip in your vein.

- Iron infusions - iron polymaltose may be given over four to six hours.
- Rapid iron infusion – iron carboxymaltose may be given just over an hour.

### After your procedure

Your doctor may require you to have blood tests after the iron infusion to monitor haemoglobin levels.

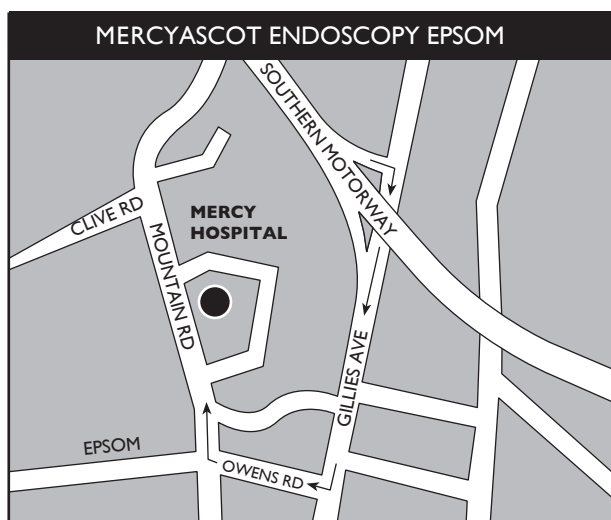
## RISKS

Overall this is a safe procedure. Allergic reactions are rare and most often happen during an infusion when staff members are available to help you.

Delayed reactions are also uncommon but may occur in the days after the infusion. If you are concerned about any of the following symptoms contact your GP or the doctor who referred you for the iron infusion. Also let the doctor know if you are booked for further iron infusions.

- Headache
- Nausea and vomiting
- Chills and fevers
- Joint pains
- Feeling faint or dizzy

## LOCATION



**Address:** 98 Mountain Road, Epsom, Auckland 1023

**Phone:** 09 623 5725 **Fax:** 09 623 5704