

MATERNITY PATIENT IRON HANDOUT

Date ___ / ___ / ___

Dear _____

Based on your test results, it is recommended you begin taking an iron preparation with (100–200 mg / 60 mg) of elemental iron content to boost your iron levels.










YOUR TEST RESULTS:

Hb: _____ g/L

Ferritin: _____ µg/L

Test date: ___ / ___ / ___

RECOMMENDED IRON PREPARATIONS INCLUDE:

NAME (Manufacturer)	TABLET	FORMULATION	ELEMENTAL IRON CONTENT	OTHER ACTIVE INGREDIENTS
FERRO-GRADUMET (Abbott)		325 mg Ferrous Sulphate Controlled release tablet	105 mg	nil
FERROGRAD C (Abbott)		325 mg Ferrous Sulphate Controlled release tablet	105 mg	Ascorbic acid 500 mg
Ferro-f-tab (AFT pharmaceuticals)		310 mg Ferrous Fumarate Non-controlled release tablet	100 mg	Folic acid 350 mcg
FEFOL Iron & Folate Supplement (Pharm-a-care)		270 mg Ferrous Sulphate Controlled release capsule	87.4 mg	Folic acid 300 mcg
FGF (Abbott)		250 mg Ferrous Sulphate Controlled release tablet	80 mg	Folic acid 350 mcg
Ferro-tab (AFT pharmaceuticals)		200 mg Ferrous Fumarate Non-controlled release tablet	65.7 mg	nil
FERRO-LIQUID¹ (AFT pharmaceuticals)		Ferrous Sulphate Oral liquid ¹	60 mg/10 mL	nil
MALTOFER² (Aspen Pharmacare)		370 mg Iron polymaltose ²	100 mg	nil
MALTOFER SYRUP^{1,2} (Aspen Pharmacare)		185 mg Iron polymaltose ² Oral liquid ¹	50 mg/5 mL	nil

Adapted from BloodSafe. Oral preparations for the treatment of Iron Deficiency Anaemia in Australia. South Australia, 2011.

¹ Liquid iron is best taken through a straw to avoid staining teeth.


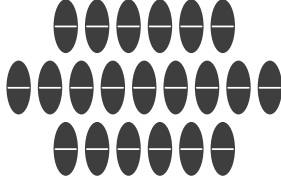


² Iron polymaltose is best taken with food.




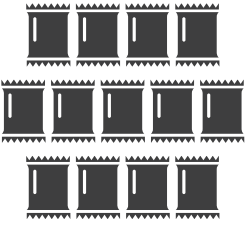
- Please take ONE tablet of oral iron (ONCE / TWICE) a day for the remainder of your pregnancy and for a minimum of 6 weeks after the birth of your baby.
- Take tablet(s) on an empty stomach (1 hour before or 2 hours after a meal) with water or juice.
- Read important information on the BloodSafe *A guide to taking iron tablets* pamphlet attached.
- Continue taking pregnancy multivitamins.
- Follow-up with your Maternity Care Provider for a repeat blood test at _____ weeks gestation.
- After the birth of your baby, follow-up with your GP at 6 weeks postpartum for a repeat blood test.

Health professional's signature: _____

OVER THE COUNTER MULTIVITAMINS

Number of tablets/capsules required for a daily therapeutic dose based on the recommended daily dose of elemental iron for iron deficiency.

FERRO-GRADUMET	Elevit Women's Multi	Elevit Pregnancy	Floradix Iron and Herbs
1 tablet = 105 mg of elemental iron	1 tablet = 5 mg of elemental iron	1 tablet = 60 mg of elemental iron (+ other vitamins and minerals including calcium which simultaneously increases the risk of constipation while reducing iron absorption)	10 mL dose = 10 mg of elemental iron
			
1 tablet	21 tablets	2 tablets	10 x 10 mL doses

Ferro-tab	Blackmores Pregnancy and Breastfeeding Gold	Blackmores Pregnancy Iron	Spatone Iron+
1 tablet = 65.7 mg of elemental iron	1 tablet = 5 mg of elemental iron	1 tablet = 24 mg of elemental iron	1 sachet = 5 mg of elemental iron
			
1 tablet	13 tablets	3 tablets	13 sachets

IMPORTANT

The information on this page is for illustration purposes only comparing common over-the-counter (OTC) multivitamins with the recommended iron preparations. Follow instructions on the front page.

For more information on iron deficiency and anaemia in pregnancy visit:
mytransfusion.com.au/reasons-transfusion/pregnancy-childbirth