What is Iron?

Iron is a metallic element that is required for oxygen transportation in the blood and regulationof cell growth.

Rich sources of dietary iron include red meat,lentils, beans, poultry, fish, green leafy vegetables, tofu, chickpeas, black-eyed peas, fortified bread, and fortified breakfast cereals.

Iron deficiency is when you do not have enoughiron in your body. A deficiency of iron limits oxygen delivery to cells which may lead to: fatigue, shortness of breath, decreased physical performance, poor work performance and decreased immunity.

Why give Intravenous Iron?

Iron supplements are indicated in the prevention and treatment of iron deficiency anaemia, whichmay result from inadequate diet, malabsorption, pregnancy and /or blood loss.

Intravenous Iron Infusion are recommended for persons where iron tablets have been deemed unsuitable and the person needs to have iron infused via the vein (intravenous).

What is Intravenous Iron?

The active ingredient is iron sucrose. It is a dark brown, non-transparent, aqueous solution. It comes in glass ampoules of 5ml which corresponds to 100mg of iron. The other ingredients are water for injection and sodiumhydroxide.

How will I receive Intravenous Iron?

Your doctor will decide how much Iron to giveyou. He or she will also decide how often you need Iron and for how long.
A venous cannula (slender tube) is inserted into a vein in your arm for the administration of intravenous iron.

First Infusion
A test dose is administered to ensure that this treatment is suitable for you. A small amount ofthe drug 25mgs is infused over 15 minutes, if suitable the remainder 175mgs is infused over 60minutes.

Second Infusion
200mgs of iron sucrose is infused over 60 minutes.

Before Intravenous Iron administration

Please inform your nurse of the following:

- Any known reaction to iron or any other medication
- Pregnancy – You must not receive iron inthe first three months of pregnancy
- Any significant medical problems

What are the possible side effects?

Like all medications, Intravenous iron can causeside effects, although not everybody gets them.

Rarely, the iron infusion can cause discolouration of the skin around the infusion site. This is due to the iron solution leaking into the skin. **It can cause permanent staining of the skin**. If you feel any discomfort at the time of the infusion, please report it immediately to your nurse or doctor

Allergic reactions
Affects less than 1 in 1,000 people
Tell your doctor or nurse straight away if youthink you are having an allergic reaction.
The signs may include:

- Feeling dizzy, light-headed or faint (low blood pressure)
- Swelling of your face
- Difficulty breathing

Common side effect
Affects less than 1 in 10 people

- Changes in your taste such as a metallic taste, this does not usually last long.

Uncommon side effects
Affects less than 1 in 100 people

- Fast pulse rate
- Headache or feeling dizzy
- Low blood pressure and collapse
- Pounding heart beat (palpitations)
- Stomach pain or diarrhoea
- Feeling sick (nausea) or being sick (vomiting)
- Wheezing
- Itching, hives, rash or skin redness
- Muscle cramps or pain
- Flushing

- Fever or shivering
- Chest pain or tightness
- Inflammation, a feeling of burning and swelling at the site of injection.

Driving and using machines

You may feel dizzy or light-headed after beinggiven iron. If this happens, do not drive or use any tools or machines until it passes.

Please contact your nearest Haemophilia centre if you have any further queries about the information provided in this leaflet.

Contact numbers

National Coagulation Centre (NCC), St James's Hospital, Dublin 8.
Phone: 01 416 2141

Cork Coagulation Centre, Cork University Hospital (CCC), Wilton,Cork
Phone: 021 492 2278

Galway University Hospital
Phone: 091 542348

Notes.

.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....

Galway University Hospitals
Ospidéil na h-Ollscoile Gaillimh
UNIVERSITY HOSPITAL GALWAY
MERLIN PARK UNIVERSITY HOSPITAL

CUH
Ospidéal Ollscoile Chorcaí
Cork University Hospital

Patient Information Leaflet
Intravenous Iron Infusion