Looking for more health information?
Contact your local public library for books, videos, magazine articles and online health information.
For a list of public libraries in Nova Scotia go to HTTP://publiclibraries.ns.ca
Capital Health promotes a smoke-free and scent-free environment.
Please do not use perfumed products. Thank you!

Capital Health, Nova Scotia
www.cdha.nshealth.ca

The information in this brochure is provided for information and education purposes only. The information is not intended to be and does not constitute healthcare or medical advice.
If you have any questions, please ask your healthcare provider.

Prepared by: Perioperative Blood Management Program, Department of Anesthesia, Halifax Infirmary, Capital Health
Illustrations by: Microsoft Office Online and LifeART Health Care 1 Images, Copyright © 1994, TechPool Studios Corp. USA
Designed and Printed by: QEII Audio Visual and Printing Departments

WH85-1332 Created May 2010
The information in this pamphlet is to be updated every 3 years.
IV (Intravenous) Iron Therapy

What is IV Iron therapy?
Iron is a mineral that the body needs to make red blood cells. When the body does not get enough iron, it can’t make the number of normal red blood cells needed to keep you in good health. This health problem is called iron deficiency (iron shortage) or iron deficiency anemia.

Lack of iron may cause you to:
• feel more tired than usual,
• feel short of breath,
• be less able to perform your usual physical activities,
• be less able to learn (children and adults), and
• may add to your chance of getting an infection.

You are getting iron as a treatment for iron deficiency.

The IV (intravenous) method is used before and after surgery when:
• You are not able to take this medicine by mouth.
• You are in the Blood Management Program and need your blood stores built up quickly before surgery.
Exactly how will I get this medicine?
1. The IV Iron is given before surgery in the Recovery Room under a doctor’s supervision.
2. It can take up to 4 hours to get the full dose of the iron medicine. Your blood pressure and pulse will be watched closely during the entire process.
3. Do not take any iron containing medicines after getting IV iron therapy.
4. Keep on eating foods rich in iron (like beef liver, clams and cereal with added iron). Try to eat 18 mg of iron each day.

Can IV Iron Therapy cause any problems?
Yes. Some problems of IV Iron include low blood pressure, headache, cramping (most often in the legs), upset stomach, vomiting [throwing up], constipation and diarrhea. There can also be problems (like soreness or infection) where the IV needle enters the skin and vein.

In rare cases, some people may have trouble breathing or have a severe allergic reaction. If this occurs, call 911 or go to the nearest Emergency Room right away. We also ask that you call the Perioperative Blood Management Program at 473-3117 after you have been seen by a doctor.

You should not be taking this medicine if your doctor has said you have any of the following health problems:
• Your blood pressure is very low.
• Your body is not able to use iron in the way it should resulting in iron stores that are too high.
• Your red blood cells are being destroyed allowing too much iron to be stored in your body.

Please talk to your doctor.

Do I need to have any blood work done after IV Iron Therapy?
Yes, you will need to have some blood work done at 5-7 days after IV Iron therapy and again at 21 days after the treatment. Your doctor will give you the paper work you need to get this done.

Who do I call if I have any problems or questions?
Call the Blood Management Program at 473 -3117 if you notice any side effect listed or if unsure about other new symptoms.
Exactly how will I get this medicine?
1. The IV Iron is given before surgery in the Recovery Room under a doctor’s supervision.
2. It can take up to 4 hours to get the full dose of the iron medicine. Your blood pressure and pulse will be watched closely during the entire process.
3. Do not take any iron containing medicines after getting IV iron therapy.
4. Keep on eating foods rich in iron (like beef liver, clams and cereal with added iron). Try to eat 18 mg of iron each day.

Can IV Iron Therapy cause any problems?
Yes. Some problems of IV Iron include low blood pressure, headache, cramping (most often in the legs), upset stomach, vomiting [throwing up], constipation and diarrhea. There can also be problems (like soreness or infection) where the IV needle enters the skin and vein.

In rare cases, some people may have trouble breathing or have a severe allergic reaction. If this occurs, call 911 or go to the nearest Emergency Room right away. We also ask that you call the Perioperative Blood Management Program at 473-3117 after you have been seen by a doctor.

You should not be taking this medicine if your doctor has said you have any of the following health problems:
- Your blood pressure is very low.
- Your body is not able to use iron in the way it should resulting in iron stores that are too high.
- Your red blood cells are being destroyed allowing too much iron to be stored in your body.

Please talk to your doctor.

Do I need to have any blood work done after IV Iron Therapy?
Yes, you will need to have some blood work done at 5-7 days after IV Iron therapy and again at 21 days after the treatment. Your doctor will give you the paper work you need to get this done.

Who do I call if I have any problems or questions?
Call the Blood Management Program at 473 -3117 if you notice any side effect listed or if unsure about other new symptoms.
IV (Intravenous) Iron Therapy

What is IV Iron therapy?
Iron is a mineral that the body needs to make red blood cells. When the body does not get enough iron, it can’t make the number of normal red blood cells needed to keep you in good health. This health problem is called iron deficiency (iron shortage) or iron deficiency anemia.

Lack of iron may cause you to:
• feel more tired than usual,
• feel short of breath,
• be less able to perform your usual physical activities,
• be less able to learn (children and adults), and
• may add to your chance of getting an infection.

You are getting iron as a treatment for iron deficiency.

The IV (intravenous) method is used before and after surgery when:
• You are not able to take this medicine by mouth.
• You are in the Blood Management Program and need your blood stores built up quickly before surgery.
IV (Intravenous) Iron Therapy

Looking for more health information?
Contact your local public library for books, videos, magazine articles and online health information. For a list of public libraries in Nova Scotia go to HTTP://publiclibraries.ns.ca
Capital Health promotes a smoke-free and scent-free environment.
Please do not use perfumed products. Thank you!

Capital Health, Nova Scotia
www.cdha.nshealth.ca

The information in this brochure is provided for information and education purposes only. The information is not intended to be and does not constitute healthcare or medical advice.
If you have any questions, please ask your healthcare provider.

Prepared by: Perioperative Blood Management Program, Department of Anesthesia, Halifax Infirmary, Capital Health®
Illustrations by: Microsoft Office Online and LifeART Health Care 1 Images, Copyright © 1994, TechPool Studios Corp. USA
Designed and Printed by: QEII Audio Visual and Printing Departments

WH85-1332 Created May 2010
The information in this pamphlet is to be updated every 3 years.