IV (Intravenous) Iron Dextran Therapy

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www.cdha.nshealth.ca

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Prepared by: Peri-operative Blood Management Program @ Capital Health, Halifax©
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The information in this pamphlet is to be updated every 3 years.
IV (Intravenous) Iron Dextran Therapy

Why is IV Iron important?
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 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,
• have a fast heart beat;
• have pale skin, gums and fingernail beds,
• have a sore tongue,
• 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 will be given this medicine through a vein in your arm.
• You are a patient of the Blood Management Service and need your blood stores built up quickly before surgery.

Please talk to your doctor before taking IV iron dextran if 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.
• You have asthma, a serious liver impairment, infectious kidney disease, heart disease or rheumatoid arthritis.

Do I need to have any blood work done after IV Iron Therapy?
Yes, you will need to have some blood work done 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 Service at 473-3117 if you notice any side effects listed or if unsure about other new symptoms.

Most of these should go away in 3 or 4 days. If you think you may have a blood clot in your leg or the other signs are getting worse, rather than better, please call your doctor or go to the nearest emergency room right away.
Exactly how will I get this medicine?

**Before Surgery**
- The IV iron dextran is given before surgery in Minor Procedures by a registered nurse with doctor supervision.

**After Surgery**
- The IV iron dextran is given after surgery on nursing units and in intensive care units under a doctor’s supervision.
- It can take up to 5 hours to get the full dose of the iron medicine.
- You will be monitored/watched carefully during the entire process in case you react to the medicine.
- Do not take any iron containing medicines after getting IV iron dextran therapy.
- Keep on eating foods rich in iron. Try to eat 18 mg of elemental iron each day.

<table>
<thead>
<tr>
<th>Iron Rich Foods</th>
<th>Elemental Iron</th>
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<tbody>
<tr>
<td>Shreddies 1 cup</td>
<td>7 mg</td>
</tr>
<tr>
<td>Liver (chicken, turkey, lamb), cooked 2.5 oz</td>
<td>6.2 mg</td>
</tr>
<tr>
<td>Beef liver, cooked 2.5 oz</td>
<td>4.9 mg</td>
</tr>
<tr>
<td>Instant oatmeal, cooked 3/5 cup</td>
<td>4.5 mg</td>
</tr>
<tr>
<td>Cheerios 1 cup</td>
<td>4.2 mg</td>
</tr>
<tr>
<td>Cooked spinach 1/2 cup</td>
<td>3.4 mg</td>
</tr>
<tr>
<td>Beans, cooked (white, black, kidney) ¾ cup</td>
<td>3 mg</td>
</tr>
<tr>
<td>Beef, cooked 3 oz</td>
<td>2.5 mg</td>
</tr>
<tr>
<td>Sunflower seeds 1/4 cup</td>
<td>2.5 mg</td>
</tr>
<tr>
<td>Clams 2.5 oz</td>
<td>2 mg</td>
</tr>
<tr>
<td>2 large eggs</td>
<td>1.8 mg</td>
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**Chicken, turkey, cooked 3 oz** 1.5 mg  
**Fish, cooked 2.5 oz** 1.4 mg  
**Hummus ¼ cup** 1.4 mg  
**Enriched pasta, cooked 1/2 cup** 1.3 mg  
**Canned tuna, light 2.5 oz** 1.2 mg

*Can IV Iron Dextran Therapy cause any problems?*
*Yes.*
- Serious allergic reactions are rare but would most likely happen while you are still being closely monitored as you get the medicine by IV. Please tell your nurse right away if you notice any of these things:
  - Shortness of breath/trouble breathing
  - Dizziness
  - Swelling of the tongue
  - Flushing
  - General feeling of unwellness
- Late, but less serious reactions that could happen after you go home (24-48 hours after getting the medicine):
  - Fever (temperature over 38°C or 100.4 °F)
  - Muscle and joint aches/pain
  - Sweating and chills
  - Rash, hives
  - Fast heart beat
  - Blood clot in the leg
  - Low blood pressure
  - Soreness or infection where the IV needle entered the skin and vein
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