

Iron Supplements (Ferrous Sulfate, Fumarate, Gluconate)

Iron supplements are given to people who have low iron levels, low red blood cells or both.

How Is It Given?

- tablets, capsules or liquid by mouth

What Side Effects May Occur?

This is a partial list of the side effects you may have with this medicine. You may have some, all or none of those listed, or you may have other side effects not listed. Most side effects last only a short time.

Common:

- nausea (feel like throwing up) or vomiting (throwing up)
- constipation or diarrhea (loose stools)
- dark stools

Less common:

- muscle pain or cramps
- weakness
- dark urine

Special Notes

- Do not take this medicine if you have an allergy to iron or a disorder that causes iron overload.
- Take iron supplements on an empty stomach with a full glass of water (1 hour before and 2 hours after a meal). You may take it with food if the iron causes your stomach to become upset.

- Tell your doctor if you are taking antacids, phenytoin or antibiotics.
- Tell your doctor if you are pregnant or breastfeeding.
- Your blood iron levels will be need to be checked while you take this medicine.
- Mix the liquid iron with water or juice and drink through a straw to avoid your teeth from becoming stained.
- If you receive this medicine at home, you should:
 - Keep medicine out of reach of children and pets.
 - Store the medicine at room temperature out of direct light.

When To Call Your Doctor

You should call your doctor if you have:

- shortness of breath
- bloody urine, stools or both
- chest pain
- severe vomiting or stomach pains.

Ask your doctor, nurse or pharmacist if you want more complete medicine information or if you have questions.

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