



Checklist for prescribers: dialogue to have with patients regarding intravenous iron administration

Before the appointment:

- Continue taking all of your normal medication, however please stop taking any iron tablets at least 7 days before the infusion
- What to wear – dress in loose, comfortable clothing - Please wear a short sleeve top
- Meals – you may eat as normal prior to the infusion
- Please drink 2-3 glasses of water prior to your appointment
- You can drive yourself to and from the appointment

The infusion procedure:

- A tube will be put into your arm to enable the iron solution to be given
- The nurse will take regular observations throughout the infusion
- The iron infusion will take 15 minutes (Ferric Carboxymaltose only)
- If a suitable vein cannot be found the infusion may be rescheduled
- If **any** side effects are experienced during or following the infusion, please inform the nurse

What symptoms may they experience?

Common (these may continue off and on for up to 1-7 days)

- Temporary changes in taste (e.g. metallic)
- Headache, feeling sick or vomiting
- Muscle and joint pain
- Itchiness, rash
- Dizziness

Uncommon (NOTE: Severe side effects are rare. You will be closely monitored by the nurse during the infusion of iron.)

- Burning, swelling and/or discolouration at injection site
- Permanent skin discolouration at the injection site
- Shortness of breath

Following the infusion:

- You may be required to wait 30 minutes for observation
- The iron will take a few weeks to have its full effect and your doctor will check your blood iron levels in 6 weeks
- Please check with your GP before re-starting any oral iron tablets
- Sometimes mild side effects can start 1 to 2 days after the infusion and include headache, mild fever, joint and muscle aches

If side effects are worrying you or interfere with your daily activities contact _____

NOTE: If you have chest pain, difficulty breathing, dizziness or neck/mouth swelling **SEEK URGENT MEDICAL ATTENTION**