

Why is iron important?

Iron is essential for the body to make haemoglobin, the pigment that makes red blood cells red. When the amount of iron in the body gets too low, the haemoglobin level also falls. Once the haemoglobin falls below normal range this is known as "iron deficiency anaemia".

Haemoglobin is very important as it carries oxygen from the lungs to the rest of the body, and if your haemoglobin or iron levels are low this may make you feel tired, lethargic or short of breath.

Why do I need an iron infusion?

The most common way to treat iron deficiency anaemia is to take iron as a tablet or liquid. This approach works well for most people and is usually tried first.

An iron infusion might be needed if you are:

- Unable to tolerate oral iron preparations,
- Unable to absorb iron through the gut
- Unable to absorb enough iron to compensate for the amount of blood that the body is losing,
- In need of a rapid increase in iron levels to avoid complications or a blood transfusion (eg. before major surgery)

The benefits of iron infusion include rapid delivery of iron and replenishment of iron stores, avoidance of gastrointestinal side effects associated with oral iron, and avoidance of potential flares of inflammatory bowel disease by oral iron therapy, so talk to one of our doctors today regarding your suitability for an iron infusion.

What is involved in an iron infusion at Forest Lakes Medical Centre?

A doctor will insert an IV cannula into your arm and you will be monitored by a clinical nurse whilst the infusion is taking place. There are generally very few side effects with this product, the commonest being nausea, dizziness and headache but even these are rare. It is safe to drive after your infusion although we would suggest you allow an hour to be here in total for the procedure and observation.

If you would like to book in for an iron infusion, you will need a consultation with your GP first. Please see one of our GP's who will discuss this further with you and provide you with a script of Ferinject™. Ferinject™ is not a blood product, (therefore is suitable for Jehovah's Witnesses), and does not have the risks of blood transfusion. It is also considered safe to use after the first trimester of pregnancy (when benefits outweigh risks) and during breast feeding.