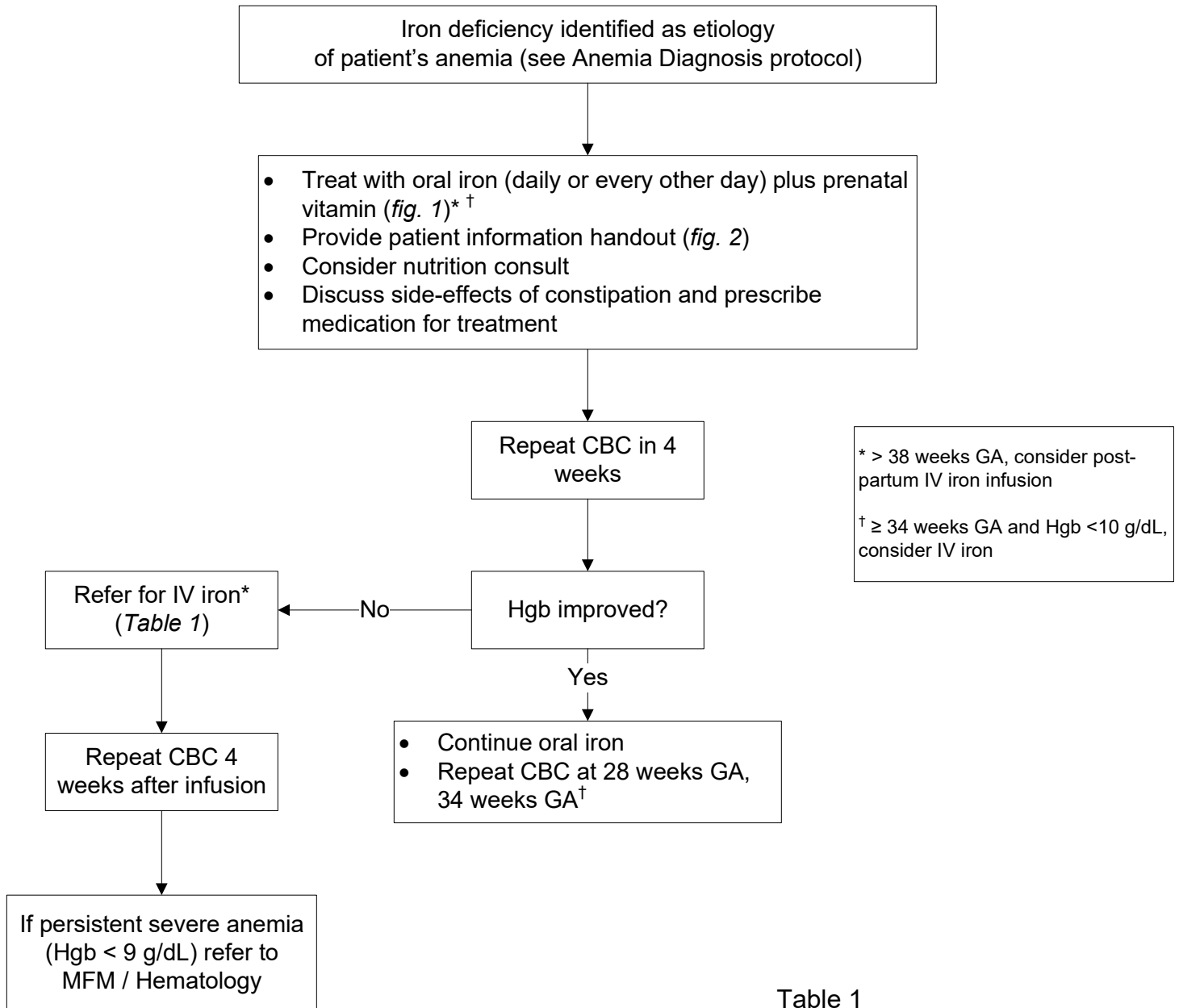


Anemia: Treatment of Fe Deficiency



*Consider intravenous iron infusion at medical center-based infusion clinic for the following patients:

- ≥ 3 allergies
- History of reaction to intravenous iron
- Mastocytosis
- History of uncontrolled asthma
- Patients with conditions sensitive to fluid overload (heart failure, renal disease)
- Inflammatory conditions such as SLE, RA, eczema, etc.
- Anxiety not controlled on medication

Table 1

Generic Brand	Iron Dextran (Infed)	Ferric Gluconate (Ferreclit)	Iron Sucrose (Venofer)	Ferumoxytol (Feraheme)	Ferric Carboxymaltose (Injectafer)
Usual Dosing per Session (mg)	1000	125-250	200	510	750 (if ≥ 50 kg)
Duration of Infusion (minutes)	60	60	15	15	15
Spacing of Doses	Once	12 hours apart	24 hours apart	3-8 days apart	7 days apart
Visits to Achieve Total Dose (Assuming Total Dose of Approx. 1000 mg)	1	4	5	2	2
Test Dose Needed	Yes	No	No	No	No

Infed preferred for ease of dosing, but formulation of choice dependent on patient insurance/formulary availability

Figure 1

Oral iron preparations	Dosage	Elemental Iron Amount	How to take
	1 tablet	65mg Elemental Iron	Daily or every other day
	1 tablet	65mg Elemental Iron	Daily or every other day
	1 tablet	45mg Elemental Iron	Daily or every other day *slow-release products may reduce the side effects of oral iron but also may not be absorbed as well
	10 milliliters	10mg Elemental Iron	Requires multiple doses per day, but liquid

Figure 2

Frequently Asked Questions	
How should I take an oral iron pill?	<ul style="list-style-type: none"> - Best absorbed when taken on an empty stomach. - However, okay to take with a small amount of food if need to. - Try to <u>avoid</u> taking with foods that are calcium-rich such as dairy products and leafy greens, as they may decrease the amount of iron that your body absorbs
Is it okay to take iron at the same time as a prenatal vitamin?	- YES. The amount of calcium contained in multivitamins or prenatal vitamins is likely not enough to greatly reduce the amount of iron your body absorbs.
Should I take my iron supplement with a source of vitamin C?	- Not necessary to take oral iron with vitamin C to improve its adsorption.

These algorithms are designed to assist the primary care provider in the clinical management of a variety of problems that occur during pregnancy. They should not be interpreted as a standard of care, but instead represent guidelines for management. Variation in practices should take into account such factors as characteristics of the individual patient, health resources, and regional experience with diagnostic and therapeutic modalities.

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