

## Iron Infusion

Your doctor has requested that you book in for an iron infusion. An iron infusion is a medical procedure that delivers iron directly into your vein. Iron infusions are primarily used to treat iron-deficiency anaemia.

### What is iron?

Iron is a mineral in your body that is needed to make red blood cells. Iron is an important part of a protein called hemoglobin which helps transport oxygen around your body. Blood test investigations will help your doctor determine if you need to have an iron infusion. Your doctor will provide you with a script prior to the day of the infusion. **Please fill your script at least 2 days before your infusion to secure your supply as your local pharmacy stock will vary.**

### What causes low iron?

- Lack of iron rich foods in your diet
- Trouble absorbing iron from the foods you eat
- Blood loss
- Pregnancy

Iron infusions can be administered directly into your veins via an **IV drip** where the iron is diluted with saline or **IV push** of undiluted iron into an IV cannula. Iron infusions may be preferred when iron supplements are ineffective or produce undesired side effects.

### So, what will happen on the day?

On the day the nurse and doctor will confirm any allergies. The nurse and doctor will go through the consent form, associated risks and side effects to watch out for during and after your infusion.

After cleaning the skin and creating a sterile area the doctor will insert an IV cannula or port into your vein. The administration of the iron may take anywhere from 15-30 minutes to be delivered depending on the dose required, which will be calculated by the doctor. You will be closely monitored by the nurse during the

infusion and you will have your vital signs checked at regular intervals to monitor for any allergic reactions to the iron product.

### Post-infusion

You will be monitored closely for 30 minutes after your infusion has finished. If your vital signs are within acceptable limits, your IV cannula will be removed, and you can be discharged from the practice.

### What's next?

Your doctor will provide you with a pathology request form on discharge. 6 weeks after your iron infusion you will need to have a blood test to re-check your iron levels. Don't start taking any other iron supplements until after your 6-week blood test unless directed to by your doctor. A couple of weeks after your blood test please book in with your doctor to discuss the results and the next steps. Future iron infusions or ongoing use of supplements may be required based on your blood results.

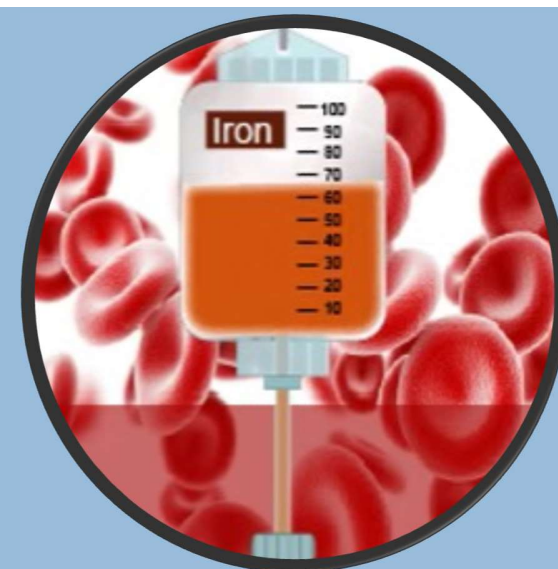
### Aftercare at home

No heavy lifting, pushing or pulling is recommended on the arm or hand where your IV cannula has been removed from for 24 hours.

Normal side effects you may experience up to 48 hours post infusion may include; bloating, nausea, vomiting, headaches, a metallic taste in your mouth, localised redness, pain and swelling at the IV site. Please contact the medical centre's practice nurse if you have any concerns.

**Please refer to our most up to date fees schedule**

**A non-rebateable Practice Procedural Levy of \$120.00 is payable on the day**



## Iron Infusion

## Patient Information

