

# Iron tablets – how do you take yours?



Take with a source of vitamin C



Once daily or alternate day dosing



Avoid tea/coffee an hour before and after taking

Can help increase absorption and reduce side effects

Discuss your iron supplementation with your healthcare professional.



# How much iron is in your diet?

Iron is important to help your body make red blood cells and turn oxygen into energy

**Steak: 3.6mg per 100g**



**Chicken: 0.7mg per 100g**



**Prawns: 1.1mg per 100g**



**Salmon: 0.4mg per 100g**



**Broccoli: 1mg per 100g**



**Spinach: 1.6mg per 100g**



Discuss your iron intake with your healthcare professional.







# How is your patient feeling?

If your patient is feeling tired or lethargic, has low energy or mood, or experiencing breathlessness or fatigue on exertion – check their haematinics and replace any deficiencies



Menstruation



Pregnancy



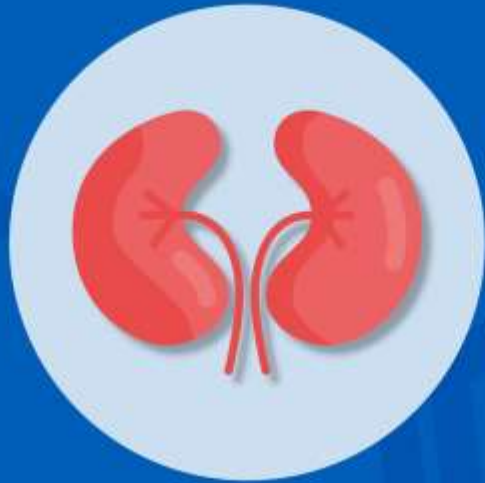
After childbirth  
and breastfeeding

Replacing haematinic deficiencies  
(folate, vitamin B12 or iron) may prevent  
a blood transfusion.

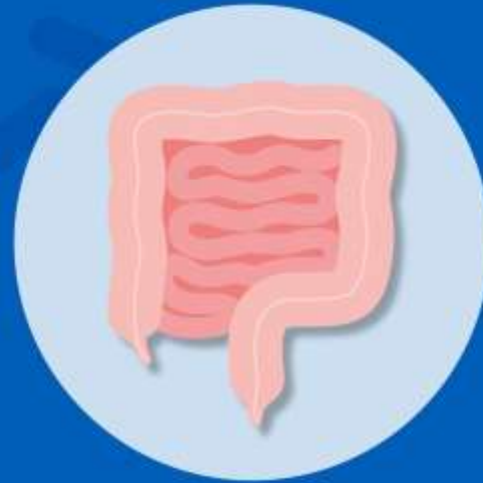


# Chronic disease diagnosis? How is your patient feeling?

Chronic illness can increase the  
risk of becoming anaemic



Chronic kidney disease



Inflammatory bowel disease



Heart failure

If your patient has symptoms of feeling tired, lethargic, low energy and mood, increased breathlessness or fatigue on exertion – check their haematinics (serum folate, vitamin B12 and ferritin) and replace any deficiencies. It may prevent a blood transfusion.





# Anaemia, it's more than just feeling tired...

If your patient has symptoms of tiredness, lethargy, low energy and mood, increased breathlessness or fatigue on exertion – check their haematinics and replace any deficiencies



Days off sick



Low mood or poor mental health



Feeling unable to socialise or do the things they enjoy



Feeling unable to exercise or keep active

Replacing haematinic deficiencies (vitamin B12, folate and iron) may prevent a blood transfusion.





# Healthy mother, healthy baby

**Anaemia affects on average 24% of pregnancies and can cause more than just tiredness in mother and baby.**



**Anaemia can impact the baby's development**



**Anaemia can slow recovery after childbirth**



**Anaemia can increase the risk of requiring a blood transfusion**

If your patient has symptoms of feeling tired, lethargic, low energy and mood, increased breathlessness or fatigue on exertion – check their haematinics (serum folate, vitamin B12 and ferritin) and replace any deficiencies. It may prevent a blood transfusion.

