

Treating anaemia with iron tablets



If you are less than 34 weeks you may be prescribed iron tablets. You may be advised to keep taking the tablets for 3 months or until 6 weeks after the birth.

If possible take them on an empty stomach.

Vitamin C may help absorption of iron.

Some people have side effects. This can include nausea, diarrhoea or constipation. Tell your doctor or midwife if this affects you.

A blood test to check your haemoglobin will be repeated at two to three weeks after you have started treatment with iron.