

Treating anaemia with iron tablets

You may be prescribed iron tablets.

Take them first thing in the morning, with water, on an empty stomach.

Vitamin C may help your body absorb iron.

Tea and coffee can reduce the amount of iron you absorb, avoid it for an hour before and after taking the tablet.

Some people have side effects, such as nausea, diarrhoea or constipation. Tell your doctor or midwife if this affects you. You may be advised to take iron on alternate days, or try a different iron tablet.

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

