



FERROUS FUMARATE

Patient information leaflet

This leaflet answers some common questions about Ferrous Fumarate. It does not contain all the available information. It does not take the place of talking to the doctor or pharmacist.

What is ferrous fumarate used for?

Ferrous Fumarate provides the body with the extra amounts of iron needed to produce red blood cells. It is used to treat or prevent iron deficiency anemia, a condition that occurs when the body has fewer red blood cells than it needs because of a poor diet, excess bleeding, or as the result of other medical problems.

When should I take the medication?

Follow carefully the instructions on your prescription label.

How should it be taken?

Ferrous fumarate may come in tablet or liquid form, to be taken by mouth. Your doctor will choose the form that is best for you. The medication should be taken on an empty stomach, or at least two hours after eating.

Liquid forms are more suitable for young children. It should be shaken well before each use. If you are giving drops to a child, the drops may be placed directly into the child's mouth or mixed into water or fruit juice. Be sure to measure the drops carefully and give the child only the amount that the doctor tells you to give.

Continue taking it as long as your doctor tells you to take it. The liquid form may change its colour over time, but this does not affect the strength of the drug, and you may continue to take it even if this change occurs.

What should I do if I miss a dose?

Take the missed dose as soon as you remember it. If you remember a missed dose at the time of your next dose, take only your regularly scheduled dose. Do not take a double dose.

What side effects can this medicine cause? What can I do about them?

- **Upset stomach or vomiting.** If these side effects occur, disregard the instructions to take the medication on an empty stomach and take it with meals or a snack.
- **Constipation.** Drink extra fluids and add foods such as bran products and prunes to your diet. Ask your doctor if you have any questions about what you should eat to help avoid this problem.
- **Darkening of stools.** This side effect is harmless.

- **Darkening of the teeth of children.** This side effect is harmless. If it occurs, the child's teeth may be cleaned once a week by rubbing them with tooth powder or baking soda.

Other precautions?

Certain medications, such as antacids and tetracycline, may affect the way your body responds to ferrous fumarate. Inform your doctor or pharmacist about any other medications you may be taking before you begin. Consult your doctor or pharmacist if you wish to start another medication while on ferrous fumarate.

Storage condition

Keep this medication in the container it came in.