

# Iron Infusion Clinic

## Patient Information Sheet

### Belvidere Health Centre



## RE: Iron Infusion Appointment

We are a Not for Profit organisation so all GP and Nurse Services are Bulk Billed for Medicare card holders. However there is a \$75 treatment room charge payable on the day, if circumstances change and you are unable to attend your appointment we require 24 hours notice otherwise a cancellation fee of \$35 will be charged.

Please read the following instructions carefully and contact the clinic if you have any enquiries.

### Before appointment:

- You may experience a waiting period, so please allow 1-2 hours for the appointment.
- Continue taking all of your normal medication, however please stop taking any iron tablets until you have followed up with your GP 6 weeks after the infusion.
- What to wear – dress in loose, comfortable clothing. Please wear a short sleeve top.
- Meals – you may eat as normal prior to the infusion.
- Please drink 2-3 glasses of water prior to your appointment.
- You can drive yourself to and from the appointment.
- **Take the prescription to the pharmacy and collect iron medication (Ferinject® 500mg x 2vials). Bring both vials with you to your appointment.**

### Upon arrival:

- Upon arrival go to reception and confirm appointment
- A nurse will take your observations (blood pressure, weight) and check details.
- **Consent Form** - You will be asked to sign a consent form with the GP which is confirmation that you understand the nature, risks and reasons for the iron infusion, and agree to the infusion being completed.

### The infusion procedure:

- A tube will be put into your arm to enable the iron solution to be given.
- The nurse will take regular observations throughout the infusion.
- The iron infusion will take 15 minutes. If a suitable vein cannot be found the infusion may be rescheduled.
- If any side effects are experienced during or following the infusion, please inform the nurse.
- Common mild side effects may include:
  - Temporary changes in taste (e.g. metallic)
  - Headache, upset stomach
  - Muscle and joint pain
  - Itchiness, rash, mild fever
  - Dizziness
- Uncommon side effects may include:
  - Burning, swelling and/or discolouration at injection site
  - Permanent skin discolouration at the injection site
  - Shortness of breath



Belvidere Health Centre



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Arche Health Ltd (ABN 061 656 577)

Severe side effects are rare. You will be closely monitored by the nurse during the infusion of iron.

**Following the infusion:**

- You will be required to wait 30 minutes for observation.
- The iron will take a few weeks to have its full effect and your doctor should check your blood iron levels in 4-6 weeks.
- Please check with your GP before re-starting any oral iron tablets.
- Sometimes mild side effects can start 1 to 2 days after the infusion and may include headache, mild fever, joint and muscle aches.

If side effects are worrying you or interfere with your daily activities contact the Infusion Clinic on 08 6253 2100 and/or your referring GP.

**If you have chest pain, difficulty breathing, dizziness or neck/mouth swelling SEEK URGENT MEDICAL ATTENTION/CALL AN AMBULANCE (000).**



[Information about Intravenous \(IV\) Iron Infusion](#)

***Why iron given by a drip into a vein is sometimes needed...***

***This information answers some common question about IV iron infusions. It does not contain all available information and does not take the place of talking to your doctor about why IV iron has been recommended in your particular case.***

**What is an IV Iron infusion?**



“Intravenous” or “IV” means giving something directly into the blood stream of the body through a vein. The doctor or nurse will place a cannula (drip) into a vein (usually in the arm) this is attached to a tube that contains iron mixed with a sterile salt water solution which is slowly “dripped” (infused) into the vein.

### **Why is iron important?**

Iron is essential for the body to make “haemoglobin”. When the amount of iron in the body gets too low, the “haemoglobin” level falls below normal. This is known as “**iron deficiency anaemia**”.

Haemoglobin is very important it carries oxygen from the lungs to the rest of the body. If your haemoglobin or iron levels are low this may make you feel tired and less able to carry out your normal routine.

### **Why might I need IV Iron?**

The common way to treat iron deficiency anaemia is to take iron as a tablet or liquid. This works well for most people and is usually tried first. If this is not right for you your doctor may recommend an iron infusion.

Your doctor will explain the risk and benefits of this infusion choice, as well as other available treatments. You will be asked to consent for this procedure.

### **Before you have an iron infusion, you must tell your doctor if you:**

- Are pregnant or trying to get pregnant.
- Have a history of asthma, eczema.
- Have any allergies.
- Ever had a reaction to any type of iron injection or infusion in the past.
- Have a history of high iron levels “haemochromatosis” or liver problems.

*Content used with kind permission from BloodSafe, Government of South Australia.*

**For more information about this service, please contact the Belvidere Health Centre on 08 6253 2100.**



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