



Iron (Ferrous Sulfate) Solution

guide for caregivers

Name of Drug:

You have been given an iron (ferrous sulfate) solution. Each 1mL contains 30mg ferrous sulfate equivalent to 6mg elemental iron.

Why is it important for my baby to take this medicine?

Iron is an important dietary mineral that is involved in many bodily functions, especially as a building block of haemoglobin in red blood cells which transport oxygen in the blood. This is essential in providing energy for daily life. Iron is also vital for brain development.

Premature babies are at higher risk of iron deficiency, mainly due to increased iron needs during rapid growth periods.

Without supplementation, a child whose diet does not provide them with enough iron may eventually develop iron deficiency anaemia.

How much should I give?

Doses vary between prevention and treatment of iron deficiency; this will be determined by your doctor. The dose will be shown on the medicine label.

Iron is usually given twice daily ideally, these times are 10–12 hours apart, for example sometime between 7 and 8am, and between 7 and 8pm. It is preferable to give each dose prior to a feed, otherwise administer with feeds.

Continued need of iron should be reviewed by your GP at 4 months of age. An infant should be consuming iron rich foods before stopping iron.

How should I give it?

To administer iron to your baby use the oral syringe provided to draw up the prescribed volume of solution.

Do not use a kitchen teaspoon as it will not give the right amount. Make sure your baby takes the full dose.

The solution can be given into your baby's mouth by pushing the plunger of the syringe all the way in to deliver the full dose. Aim the syringe towards the inside of your baby's cheek to help avoid choking.

What if I forget to give it?

If you remember up to 4 hours after you should have given a dose, give your child the missed dose. For example, if you usually give a dose at about 7 am, you can give the missed dose at any time up to 11 am. If you remember after that time, do not give the missed dose. Give the next dose as usual.

Are there any possible side-effects?

Side effects from iron are generally mild, and include darkened stools, constipation, nausea and stomach irritation. Giving each dose prior to a feed can help to prevent nausea and stomach irritation. Monitor your baby's stools for worsening constipation or diarrhoea.

If these side-effects are a problem or do not wear off, contact your doctor or pharmacist as they may suggest a different iron preparation or a lower dose. Do not reduce the dose without discussing with your doctor first.

Where should I keep this medicine?

Keep this medicine in a cool dry place out of reach of children. It does not need to be refrigerated after opening.

Please speak to your pharmacist if you have any concerns or questions.



This document can be made available in alternative formats on request for a person with a disability.

Women and Newborn Health Service

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