



Iron (ferrous sulfate) solution

Guide for caregivers

You have been given an iron (ferrous sulfate) solution to give to your baby. 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, particularly as a building block of haemoglobin in red blood cells that 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. 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 to 12 hours apart, for example sometime between 7am and 8am, and between 7pm and 8pm. It is preferable to give each dose prior to a feed; otherwise administer with feeds.

The need for continued iron should be reviewed by your GP when your baby is four months old. 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. Push the plunger of the syringe all the way in to deliver the full dose into your baby's mouth. 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 four hours after you should have given a dose, give your child the missed dose. For example, if you usually give a dose at about 7am, you can give the missed dose at any time up to 11am. 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 contact your doctor or pharmacist.

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.

