

What is it?

Iron therapy is when you get iron injected into your vein through an intravenous (IV) infusion. Your body needs iron to make healthy red blood cells.

There are many reasons you may not have enough iron in your body, including:

- Lack of iron in diet
- Heavy menstrual bleeding
- Non absorption due to other diseases such as coeliac disease, chronic kidney disease

Your GP will talk to you about the best treatment option.

What do I need to do to prepare?

There is nothing special you need to do to prepare for your iron therapy treatment. Your GP will tell you where to go on the day of your appointment.

What will happen?

Iron therapy will happen in a hospital or at your GP clinic. Before your iron therapy, your GP may:

- Obtain your consent
- Give you water to drink during the treatment
- Discuss the treatment and side effects
- Discuss your health history

To start your iron therapy, your GP will place a needle in your arm or the back of your hand. The needle is connected to a drip with the iron solution. This will be fed into your vein and through your body.

Your GP will monitor your health throughout the treatment. You will be required to stay afterwards for 30 minutes so your GP can continue to monitor you.

What questions could I ask my doctor?

- What are the side effects?*
- Should I take iron tablets as well?*
- When will I feel an improvement?*



What can I expect after?

If you have no side effects right after treatment, you can drive home right away. Most of the time a single treatment is enough to help you feel better. Your GP may call you two-to-three days after your iron therapy to check for any side effects. They will let you know if you need a follow-up blood test or second iron infusion.

Where can I learn more?

- **Lifeblood** - Iron deficiency: lifeblood.com.au
- **National Blood Authority** - Managing my iron factsheet: blood.gov.au