



General Authority for Health Services

For the Emirate of Abu Dhabi

Al-Rahba Hospital

Department of Pharmacy

Iron + Folic acid



Why is this medication used?

- This medication treats low blood iron or anemia by helping your body make red blood cells.
- It is mainly used as a supplement in pregnancy.



How should this medication be used?

- It is best to take this medication on empty stomach, One hour before or two hours after a meal.
- If the medicine upsets your stomach take it with food.
- Take the medicine with a full glass of water or fruit juice.
- Your doctor will tell you how much of this medicine to take and how often.



What special precautions should I follow?

- You should not use this medication if you have an allergic reaction to iron supplements
- Make sure your doctor knows if you are pregnant or breast feeding or if you have stomach or intestinal problems, an active infection or diabetes.
- Make sure you doctor knows if you are using any medications.
- You should Store this medication at room temperature, away from heat, moisture, and direct light. Keep all medications away from children.



What special dietary instructions should I follow?

- Avoid the following foods or eat them in at least 1 hour before or 2 hours after taking your iron: Eggs, milk, cheese, yogurt, tea, coffee, whole-grain cereals and breads.



What should I do if I forget to take a dose?

- If you miss a dose, take the medicine as soon as you remember. If it is time for your next dose, take only one dose.
- Do not double up the doses.



What side effects can this medicine cause?

- Iron can cause your stool to be darker in color. This is normal and is not a cause of concern.
- This medication can cause constipation, nausea or stomach cramps.