Ferrous Sulfate (Iron)

Why do you need it?
Ferrous sulfate (FER-us SUL-fate) is a mineral used to prevent and treat iron deficiency. Iron is used by your body to produce red blood cells. You may be low in red blood cells if your body does not get enough iron or if you have recently lost blood. Lack of iron may cause tiredness or increase your chance of getting an infection.

When should you take it?
- Use this medicine exactly as directed on the package, unless instructed differently by your doctor.
- This medicine can be taken with or without food. The most common side effect of taking iron is stomach upset. This can often be minimized by taking the medicine with food or milk.
- Store this medication at room temperature away from heat or light and away from the reach of children.

What special instructions should you follow?
- It is very important to keep this medication away from all children. Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six.
- Some laboratory tests may need to be performed on your blood to assess how well the medicine is working. The frequency of these tests will be determined by your doctor.
- Do not take this medicine longer than six months without checking with your doctor.

What if you forget a dose?
If you miss a dose of this medication, skip the missed dose and go back to your regular dosing schedule. Do not take two doses at once.

What side effects might you have?
- Side effects that may go away during treatment include nausea, constipation, or stomach discomfort. Stomach upset can often be relieved by taking the medication with food or milk. Constipation can be treated with a stool softener, drinking plenty of water and eating a diet rich in fruits and vegetables.
- While taking this medicine, your urine or stools may become darker in color. This is normal.
- Check with your doctor as soon as possible if you experience vomiting with continuing stomach pain and black or green bowel movements.
- If you notice other effects not listed above, contact your doctor, nurse, or pharmacist.

What else should you know?
- Before using this medicine, tell your doctor and pharmacist every medicine that you take, prescription and non-prescription. Some drugs work against each other. Keep a list of your medicines (even over-the-counter medicines) so you can show your doctor or pharmacist all that you are taking.
- Contact your doctor or pharmacist if you have any questions or concerns about using this medicine.

The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health care problem.