Ferrous Sulfate for Baby (Iron, Fer-in-sol) for Your Baby

Why is it needed?
Ferrous sulfate is used to supplement the formula or breast milk your baby is eating. It will help treat and prevent anemia. You will need to keep regular doctor appointments to check how well the medicine is working. The doctor will need to change the dose as your baby grows.

What are the side effects?
Ferrous sulfate can sometimes cause:
- Upset stomach (be sure to mix each dose with formula or breast milk)
- Dark stools

Call the doctor if your baby:
- Has trouble breathing
- Has unusual redness or rash on the skin
- Is constipated
- Has bloody stools

How to give ferrous sulfate
• Give the dose that is directed on the medication label. We will give you oral syringes and help you practice measuring ferrous sulfate.
• Shake well before drawing up each dose.
• Place the dose in a bottle with a small amount of your baby’s formula or breast milk. A small amount of formula or breast milk ensures your baby will have taken the whole dose even if he or she cannot finish the complete feeding.
• Clean the syringe with hot, soapy water and rinse thoroughly after measuring.
• Try your best to evenly space the doses throughout the day. For example, if it is to be given two times a day, try to space it close to every twelve hours.

Storing this medicine
Store it in the original container. Keep the container away from heat or direct light. Do not freeze the liquid.

What if a dose is missed?
Every dose is important. If you miss a dose, give it as soon as you remember. But if it is close to the next dose, skip the missed dose completely. Do not give a double dose to make up for the missed dose.

Remember:
- Ferrous sulfate can be dangerous if too much is given at one time. Be sure to keep it on a high shelf, away from the reach of children.
- Do not give this medicine to others.
- Do not use after the expiration date on the bottle.