

 瑪麗醫院 QUEEN MARY HOSPITAL	Department of Obstetrics and Gynaecology	Document No.	OGOB0193(I)
	<b>Subject</b> <b>Information Sheet on Iron Supplement</b> <b>缺鐵貧血與鐵質補充</b>	Issue date	August 2023
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## Information sheet on iron supplement

Your recent blood test result indicated iron deficiency or antenatal anaemia. We would like to start you on iron supplement. Please also take note that iron supplement may have the following side effects

- **Constipation** - We encourage increase in fluid intake while you are using iron supplement to reduce chance of constipation. You can also use stool softeners such as lactulose.
- **Dark green or black stool.** This is a common side effect when extra iron is added to your diet and should not affect your general health.
- **Gastrointestinal upset – e.g. nausea, vomiting, and stomach ache.** Please consult doctor if you have these.

Do not take iron tablet together with multivitamin pills, which can impair absorption of iron. You are recommended to take iron with citrus fruits as this can increase iron absorption.

We will recheck your haemoglobin level after iron supplement. Hospital admission for intravenous iron may be required if you remain anaemic.