



Call your doctor if you notice any of the following:

- You have increasing pain and tenderness where IV was inserted.
- You have increasing redness at the insertion site.
- You have white, yellow, or green (pus) discharge.
- The insertion site looks infected.
- You develop fever or a temperature greater than 38°C.
- You feel short of breath.

Intravenous Iron Infusion

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Follow up appointment
in _____ days/weeks

What is Iron?

Iron is needed to make hemoglobin. Hemoglobin is a component of the blood which carries oxygen from the lungs to the rest of the body.

What is an Infusion?

An infusion is when a liquid is introduced into the bloodstream, usually through a vein.

Causes of Low Iron

There can be many causes of low iron, some of the following include:

- Inability to absorb iron through the stomach
- Diet (not eating enough iron-rich foods)
- Ulcers
- Colon cancer
- Pregnancy
- Heavy periods

Iron-Rich Foods

If absorption is not the cause of decreased iron, iron-rich foods may help boost your iron. Such foods include: liver, oysters, clams, kidney, lean meat, seafood, leafy green vegetables, whole grains, and legumes.

Signs and Symptoms of Low Iron

- Weakness and low energy
- Feeling cold
- Dizzy
- Irritable
- Pale skin
- Swollen tongue
- Headache

What to Expect Before the Infusion

- Blood pressure, temperature, heart rate, and respirations are measured by a nurse.
- The nurse will start an intravenous (IV), which gains access to your bloodstream.
- There may be a test dose conducted the first time you receive the infusion, depending on which iron your doctor has prescribed. The test dose is to determine if an allergic reaction may occur.

What to Expect During the Infusion

- If you feel any pain or see swelling at the IV site, inform the nurse immediately.
- You will be monitored throughout the infusion and it is important to stay within Ambulatory Care.
- There is a chance of an allergic reaction occurring because of the iron. If you notice a rash, feel itchy, feel dizzy, or have trouble breathing inform the nurse immediately.

What to Expect After the Infusion

- When the infusion is complete, the nurse will remove the IV.
- A delayed allergic reaction can occur in some people within 24 hours. Such reactions included: backache, pain in joints, chills, dizziness, nausea, vomiting, and a general feeling of discomfort. If these symptoms do not subside within 24 hours, call your doctor.