



Generic Name: IRON, FERROUS SULFATE

Brand Name: Fer-In-sol[®], Feosol[®], Fer-Iron[®]

Dose: Your child will be taking _____ of iron _____ time(s) each day.

How much and when should I give my child iron?

- I should give _____ each time I give iron.
- I should give iron at _____.

How does iron work?

- Treats or prevents anemia (low red blood cell count).
- Increases the number of red blood cells to help the blood carry oxygen to the body.

How do I give iron?

- Give at about the same time every day.
- Ask your pharmacist how to store this medicine.
- Do not let your child eat or have milk products (milk, milk based formulas or yogurt) for 1 hour before or 1 hour after taking this medicine.
- Iron may not taste good. Give iron with a juice that contains vitamin C, like orange juice or apple juice.
- For infants:
 - Measure liquid with a syringe or medication dropper.
 - Place the tip of the syringe in the side of your child's mouth.
 - Try to give the medicine to the back of the tongue.
 - Push the plunger or dropper to give the medicine.
- Iron can cause temporary staining of the teeth. To prevent this:
 - The pills SHOULD NOT be crushed or chewed.
 - Mix the iron with juice and have your child use a straw.
 - Give your child a glass of juice or water after the iron to rinse the mouth.

What if my child spits up or vomits after taking iron?

- If your child spits up or vomits, DO NOT give another dose right away. Wait until the next time that your child is supposed to take the medicine.
- If your child spits up or vomits two doses in a row, call your child's heart doctor.

What if my child misses a dose of iron?

- IF IT IS 6 HOURS OR MORE before your child is supposed to take iron again, you should give the medicine. Give the next dose at the regular time [see time(s) above].
- IF IT IS LESS THAN 6 HOURS before your child is supposed to take iron again, DO NOT give the medicine. Wait until the next time your child is supposed to take the medicine.

This information does not discuss all the uses and possible side effects of this medicine.
If you have more questions, please call your child's heart doctor.

- If your child misses 2 doses in a row, call your child's doctor.
- **NEVER try to make up missed doses by giving extra medicine.**

What are common side effects of iron?

- Upset stomach
- Constipation (less bowel movements or trouble with bowel movements)
- Dark colored bowel movements or urine (pee)

Call your doctor if your child has:

- Teeth staining
- Diarrhea

This information does not discuss all the uses and possible side effects of this medicine.
If you have more questions, please call your child's heart doctor.