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FERROUS SULFATE

Brand names: Feosol®, Feratab®,
Fer-In-Sol®, Slow Fe®

What is this medication used for?

Ferrous sulfate is an iron supplement. It is used to prevent and treat iron deficient anemia (a lack of red blood cells caused by having too little iron in the body)

How should I take this medication?

Ferrous sulfate is taken orally. It is available in tablet and liquid form.

Ferrous sulfate should be taken by mouth, on an empty stomach and least *1 hour before or 2 hours after a meal.*

Do not take any oral vitamins, minerals, antacids or antibiotics within *2 hours* of taking ferrous sulfate.

Take ferrous sulfate with a full glass of water.

Do not crush, chew, break or open tablets or capsules of ferrous sulfate.

If you miss a dose, take it as soon as you remember. If it is almost time for your next dose, skip the missed dose and wait until your next regularly scheduled dose. Do not take extra medicine to make up for the missed dose.

Do not take any new medication (prescription or over-the-counter) without checking with your doctor or pharmacist first.

What are the side effects of this medication?

- constipation
- upset stomach
- black or dark-colored stools
- temporary staining of the teeth

Other side effects not listed may also occur. Check with your physician if you notice any other effects.

Contact your doctor immediately if you experience any of the following:

Hives, difficulty breathing, swelling of your face, lips, tongue, or throat.

Special Instructions:

Seek emergency medical attention or call the Poison Help line at 1-800-222-1222, especially if a child has accidentally swallowed it. An overdose of ferrous sulfate can be fatal to a child.

Overdose symptoms may include nausea, severe stomach pain, bloody diarrhea, coughing up blood or vomit that looks like coffee grounds, shallow breathing, weak and rapid pulse, pale skin, blue lips, and seizures (convulsions).

Certain foods can also make it harder for your body to absorb ferrous sulfate. Avoid taking this medication within 1 hour before or 2 hours after eating.

Ferrous sulfate can stain your teeth, but this effect is temporary. To prevent tooth staining, mix the liquid form of ferrous sulfate with water or fruit juice (not with milk) and drink the mixture through a straw. You may also clean your teeth with baking soda once per week to treat any tooth staining.

This information is only a summary. Please contact your healthcare professional for additional information about this medication.

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