

## Iron Deficiency Anemia

Your doctor has determined that you need to take iron for iron deficiency anemia. The preferred choice is Ferrous Sulfate 325mg, which is available over the counter, for purchase without prescription.

The recommended dose is one tablet taken three times daily. Sometimes this medicine can cause stomachache, constipation and black bowel movements, so we recommend that you start with one tablet daily for 4-7 days. If you tolerate this dose, then increase to one tablet twice daily for several days. If you tolerate this higher dose still, then increase to one tablet 3 times daily. Please take this medicine for at least 3 months. If for some reason, you can't take this medicine, please call your doctor to discuss alternatives. Do not stop taking this medicine without contacting your doctor.

Although iron is better absorbed if taken on an empty stomach, it is generally better tolerated when taken with food. Also, do not take all the pills at the same time, but rather take one tablet three times per day. Vitamin C or orange juice (but not grapefruit juice) can be taken at the same time to help increase iron absorption.

Foods that are high in iron include: beef, lamb and veal, beef liver, boiled shrimp, spinach, bran flakes, enriched rice and bread, peas, potatoes, dried beans, apricots, peanuts and peanut butter. Red meats are the BEST source of dietary iron. Do not eat these foods if you know they will upset your stomach and do not eat nuts, seeds or beans if you have a narrowed area or strictures in your intestine or if you are on a low-particulate fiber diet.