

# Iron Infusion Information – Patient Guide

Appletree Family Practice

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## Why Is Iron Important?

Iron is a vital nutrient your body needs to make **haemoglobin (Hb)** — a protein found in red blood cells. Haemoglobin carries oxygen from your lungs to the rest of your body and helps your muscles store and use oxygen.

If your iron or Hb levels are low, your muscles and organs may not get enough oxygen. This can lead to symptoms such as:

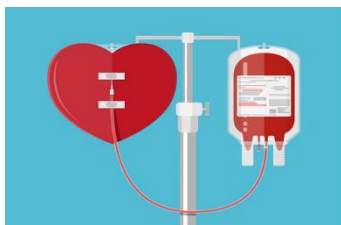
- Fatigue or tiredness
- Dizziness
- Shortness of breath
- Poor concentration



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## What Is an Iron Infusion?

Iron deficiency is usually treated first with oral iron (tablets or liquid). However, your doctor may recommend an **iron infusion** if:



- You cannot tolerate oral iron
- Oral iron hasn't worked for you
- Your body isn't absorbing iron properly

An **iron infusion** is a minor procedure where iron is delivered directly into your bloodstream through an **IV cannula** (a small tube placed in your vein). This allows your body to absorb iron more efficiently and quickly.

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## Before Your Appointment

To prepare for your iron infusion at **Appletree Family Practice**, please ensure you have:

- ✓ A referral from your GP or specialist
- ✓ A summary of your medical history
- ✓ Recent pathology results (blood tests)
- ✓ A **prescription for Ferinject** – Please have it filled before your appointment and bring it with you on the day



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## On the Day of Your Infusion

- Allow up to **1.5 hours** for your appointment
- You **do not need to fast** – eat and drink as normal
- Take your usual medications unless otherwise directed

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## After the Infusion

- You'll be observed in the clinic for **30 minutes** after the procedure to monitor for any side effects
- You may **drive yourself home** and resume normal activities afterward
- A **discharge summary** will be provided for your regular GP

## When Will I Feel Better?

Everyone responds differently. Some people feel better within **24–48 hours**, while others may take up to **a week**.

Your GP will need to **recheck your iron and haemoglobin levels** to ensure the infusion has worked and to guide further treatment if needed.

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## Possible Side Effects

Most people tolerate iron infusions well, but as with any medication, side effects can occur.

### Common Side Effects:

- Headache
- Nausea or vomiting
- Muscle or joint pain
- Itchy skin or rash
- Diarrhoea or constipation
- Dizziness
- Stomach discomfort
- Temporary metallic taste in your mouth



### Less Common Side Effects:

- Burning, swelling, or skin discolouration at the injection site
- **Permanent skin staining** if the iron leaks into the surrounding tissue

 **Seek urgent medical help** if you experience:

- Chest pain
- Difficulty breathing
- Severe dizziness
- Swelling of the face, neck, or mouth

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## Fees and Billing

Iron infusions at Appletree Family Practice are billed as a **Level C (Long) Consultation** with a GP.

An **additional fee of \$50** is charged at the time of booking. This fee is **not covered by Medicare** and covers the cost of consumables and other materials used during the procedure.

For current consultation fees, please visit our website or speak with our reception staff.

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If you have any further questions or concerns, please don't hesitate to contact us

