

## PRE-PROCEDURE INFORMATION: Iron Infusion

You need to read this page prior to coming in for an Iron infusion.

Please keep this page. This information sheet is intended for patients who have already discussed an iron infusion with their GP and for whom it has been decided it is an appropriate treatment for low iron or low haemoglobin (anaemia).

1. The procedure will require at least 1 hour; the infusion itself usually takes 15 minutes, however it is mandatory that you remain in the clinic for monitor after the infusion.
2. There is a \$130 fee for this procedure (\$110 if you have a pension or healthcare card). The fee is payable on the day.
3. You need to bring the prescribed Ferinject medication in with you on the day procedure. Not all chemists keep this in stock so please phone ahead and make sure it is available.
4. Ensure you are well hydrated on the day of the procedure – this will make easier to locate a vein for the procedure – water is recommended over caffeinate beverages
5. Please organise for supervise of young children – we do not have the space or capacity to assist with supervising children, especially in the event of an emergency
6. You will need to keep your arm straight for the duration of the infusion – you will be able to use your non-treatment arm to read a book or use your phone
7. You will need to apply pressure to the injection site for 5 minutes after the infusion has finished to reduce your risk of a stain
8. Avoid heavy lifting or vigorous exercise for the next 2-3 days after the infusion.
9. When booking please tell reception that the appointment is for an IRON INFUSION
10. Please ensure you have eaten foods HIGH in phosphate in the previous week, and for the week after your infusion, then resume normal diet. Low phosphate can occur after an iron infusion resulting in breathlessness and weakness as well as more severe symptoms.

### Top Foods That Are High in Phosphorus

- Meat - Poultry: Chicken and Turkey, Pork, Organ Meats - brain, kidney
- Seafood - Snapper, Sardines, Scallops, Flathead, Trout
- Dairy - Cheese , buttermilk, yoghurt
- Seeds - Sunflower, Pumpkin
- Nuts - Cashew, Almonds
- Whole Grains and Quinoa
- Beans and Lentils
- Soy and Egg
- Cereals, especially all bran and muesli/oats

## PRE-PROCEDURE INFORMATION: Iron Infusion

Most people feel fine after administration of this medicine.  
Please keep this sheet for your information.

The following reactions have been reported during/after administration of this medication.  
Please let your doctor know if you experience any of the following, or are concerned:

- Anaphylactic reaction (rare – approx. 1 in 1000 to 1 in 10,000 cases); this is a severe allergic reaction which requires emergency treatment, and requires transportation to hospital via ambulance. If you have an anaphylaxis response – this can also (rarely) be fatal (death).
- Signs of anaphylaxis include:
  - shortness of breath; swelling
  - flushing; fever; chills
  - racing heart
  - back, chest pain
  - loss of consciousness/fainting; dizziness

Less serious, but more common reactions include:

- rash, feeling of flushing, nausea, headache or dizziness
- numbness or tingling/pain of the arm during administration
- fatigue/tiredness; this can happen in the 1-2 days after the infusion and can be associate with muscle and joint pains

Regarding permanent dark staining: we do everything we can to reduce your risk, but even correctly administered it is possible to get a PERMANENT DARK STAIN that fade. The chance of this is 0.1 – 1% (1 in 1000) to (1 in 100)

As the iron solution is a dark brown colour, if iron leaks into the surrounding tissue this may result in a large brown stain at the injection site. This may happen immediately, but can also occur days or weeks following the infusion.



Image: Iron staining.  
Source: Canning, M & Grannell, L. 2020, 'A Stain on iron therapy,' Australian Prescriber, vol. 43, no. 5, pp.160-3, retrieved 29/08/2021 ([www.nps.org.au/assets/p160-Canning-Grannell.pdf](http://www.nps.org.au/assets/p160-Canning-Grannell.pdf)). Image used under CC BY-NC-ND 4.0 licence.

Please be aware of this risk and if the risk is unacceptable to you – you may choose not to go ahead with the procedure. Please make an appointment with your own GP if you decide not to go ahead with this.

## CONSENT TO PROCEDURE: Iron Infusion

I, ..... (first name, last name)

of ..... (address)

Consent to the procedure of Iron Infusion (Ferinject)

The doctor has discussed with me the following:

- The low likelihood, but possibility of PERMANENT DARK STAINING at administration site (see pg. 2).
- The possibility of allergic reaction to this medication – rarely severe
- Some people may experience a funny taste in their mouth
- Some people may experience pain at the administration site
- Other possible side effects – of which I have been given a copy

2) The above procedure will be performed by

.....

Signed:..... (Patient's signature)

Date: .....