








Date: / /

Dear

Based on your test results, it is recommended you begin oral iron supplementation with (□ 100–200 mg / □ 60 mg) of elemental iron content.

Recommended iron preparations include:

NAME (Manufacturer)	TABLET	FORMULATION	ELEMENTAL IRON CONTENT	OTHER ACTIVE INGREDIENTS
<b>FERRO-GRADUMET</b> (Abbott)		325 mg Ferrous Sulphate Controlled release tablet	<b>105 mg</b>	nil
<b>FERROGRAD C</b> (Abbott)		325 mg Ferrous Sulphate Controlled release tablet	<b>105 mg</b>	Ascorbic acid 500 mg
<b>Ferro-f-tab</b> (AFT pharmaceuticals)		310 mg Ferrous Fumarate Non-controlled release tablet	<b>100 mg</b>	Folic acid 350 mcg
<b>FEFOL Iron &amp; Folate Supplement</b> (Pharm-a-care)		270 mg Ferrous Sulphate Controlled release capsule	<b>87.4 mg</b>	Folic acid 300 mcg
<b>FGF</b> (Abbott)		250 mg Ferrous Sulphate Controlled release tablet	<b>80 mg</b>	Folic acid 300 mcg
<b>Ferro-tab</b> (AFT pharmaceuticals)		200 mg Ferrous Fumarate Non-controlled release tablet	<b>65.7 mg</b>	nil
<b>FERRO-LIQUID</b> (AFT pharmaceuticals)		Ferrous Sulphate Oral liquid	<b>60 mg/10 mL</b>	nil

Adapted from BloodSafe. Oral preparations for the treatment of Iron Deficiency Anaemia in Australia. South Australia, 2011.

Please take ONE tablet of oral iron (□ ONCE / □ TWICE) a day for the remainder of your pregnancy and for a minimum of 6 weeks postpartum.

Take tablet(s) on an empty stomach (1 hour before or 2 hours after a meal) with water or juice.

Read important information on 'Taking iron tablets' attached.

Continue taking pregnancy multivitamins.

Follow-up with your Maternity Care Provider for a repeat blood test at \_\_\_\_\_ weeks gestation.

After the birth of your baby, follow-up with your GP at 6 weeks postpartum for a repeat blood test.

Health professional's signature: Print name and designation

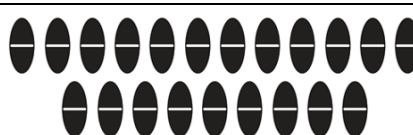


INFORMATION

## Over the counter multivitamins

Number of tablets/capsules required for a daily therapeutic dose based on the recommended daily dose of elemental iron for iron deficiency.

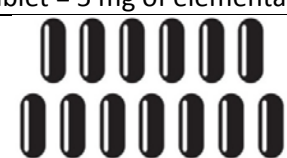


**FERRO-GRADUMET**  
1 tablet = 105 mg of elemental iron



<p><b>Elevit Women's Multi</b> 1 tablet = 5 mg of elemental iron</p>  <p>21 tablets</p>	<p><b>Floradix Iron &amp; Herbs</b> 10 mL dose = 10 mg of elemental iron</p>  <p>10 x 10 mL doses</p>
<p><b>Elevit Pregnancy</b> 1 tablet = 60 mg of elemental iron + other vitamins and minerals including calcium which simultaneously increases the risk of constipation while reducing iron absorption</p>  <p>2 tablets</p>	

**Ferro-tab**  
1 tablet = 65.7 mg of elemental iron



<p><b>Blackmores Pregnancy and Breastfeeding Gold</b> 1 tablet = 5 mg of elemental iron</p>  <p>13 tablets</p>	<p><b>Spatone Iron+</b> 1 sachet = 5 mg elemental iron</p>  <p>13 sachets</p>
<p><b>Blackmores Pregnancy Iron</b> 1 tablet = 24 mg of elemental iron</p>  <p>3 tablets</p>	

**IMPORTANT:** The information on this page is for illustration purposes only comparing common over the counter (OTC) multivitamins with the recommended iron preparations. Follow instructions on the front page.

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