






AFFIX PATIENT IDENTIFICATION LABEL HERE

UMRN:

Family Name:

Given Name:

# Iron Supplement

Medicine name	Strength	Example of brand		Dose directions
Iron and vitamin C (tablet)	Ferrous sulfate 325mg Sodium ascorbate 500mg	Ferro-grad C		
Iron (tablet)	Ferrous fumarate 200 mg	ferro-tab		
Iron (liquid)	Ferrous sulfate 30mg/mL	ferro-liquid		



## English

# Iron Supplement

## Why do I need to take Iron?

Your blood test has shown that you have low iron levels. Iron is important for growth and development in children. It is also needed to make red blood cells. If you have low iron you may also have low red blood cells, which can make you feel tired and weak. This is called iron deficiency anaemia.

Often low iron levels occur because of a lack of iron in the diet. Foods that are rich in iron include meat, leafy green vegetables, beans, and grain products that have extra iron mixed in (e.g. brown bread and cereal).

Extra iron is required during periods of growth in children and during pregnancy and low iron is common at these times.

Sometimes low iron can happen because iron is not being absorbed properly or iron is being lost (for example because of bleeding). Your doctor or nurse practitioner will check if this might be an issue for you and may arrange some more blood tests or other investigations.

Iron supplements (tablets or liquid) will provide extra iron so that your iron stores can be increased quickly, and iron deficiency anaemia can be treated or prevented. Increasing iron in your diet may also help to prevent your levels from becoming low again in the future.

## How do I take Iron?

It is important to take the iron supplement regularly at the dose recommended.

For children, this dose has been calculated based on how low iron levels are and the weight of the child.

Iron is best absorbed on an empty stomach 1-2 hours before meals with a glass of water or juice if you are taking tablets. Vitamin C found

## Swahili

# Kirutubisho cha Chuma

## Kwa nini ninahitaji kutumia Chuma?

Kipimo cha damu yako kimeonyesha kuwa una viwango vya chini vya chuma. Chuma ni muhimu kwa ukuaji na maendeleo ya watoto. Pia inahitajika kutengeneza seli nyekundu za damu. Ikiwa una chuma kidogo, unaweza pia kuwa na seli kidogo nyekundu za damu, ambazo zinaweza kukufanya uhisi mchovu na mnyonge. Hii inaitwa ukosefu wa chuma/upungufu wa damu.

Mara nyingi kiwango cha chini cha chuma hutokea kwa sababu ya ukosefu wa chuma katika chakula. Vyakula vilivyo na chuma kwa wingi vinajumuisha nyama, mboga za kijani kibichi, maharagwe, na bidhaa za nafaka ambazo zina chuma cha ziada yaliyochanganywa (k.m. mkate wa kahawia na nafaka).

Chuma cha ziada yanahitajika wakati wa ukuaji wa watoto na wakati wa ujauzito na kuwa na upungufu wa madini ni kawaida nyakati hizi.

Wakati mwingine kuwa na kiwango cha chini cha chuma kinaweza kutokea kwa sababu chuma hakifyozwi ipasavyo au chuma kinapotea (kwa mfano kwa sababu ya kutokwa na damu). Daktari au muuguzi wako ataangalia kama hili linaweza kusababisha tatizo kwako na anaweza kupanga vipimo vingine vya damu au chunguzi zingine.

Virutubisho vya chuma (vidonge au kioevu) vitatoa chuma cha ziada ili hifadhi zako za chuma ziongezeke haraka, na anemia ya upungufu wa chuma inaweza kutibiwa au kuzuiwa. Kuongeza chuma katika chakula chako kunaweza pia kusaidia kuzuia viwango vyako kuwa chini tena katika siku zijazo.

## Je, ninawezaje kutumia Chuma?

Ni muhimu kutumia kirutubisho cha chuma mara kwa mara kwa kipimo kilichopendekezwa.

Kwa watoto, kipimo hiki kimehesabiwa kulingana na jinsi viwango vya chini vya chuma vilivyo chini na uzito wa mtoto.

Chuma hufyonzwa kwa njia bora kwenye tumbo tupu saa 1 hadi 2 kabla ya kula na glasi ya maji au juisi ikiwa unatumia vidonge. Vitamini C inayopatikana kwenye juisi

in orange juice, can help with the absorption of iron.

Do not take iron tablets with tea, coffee, milk, or cola as these can reduce the amount of iron absorbed by the body.

Do not take iron at the same time as calcium tablets as the absorption of iron can be affected by calcium tablets. If you need to take calcium tablets as well, it is recommended that you take iron and calcium tablets at least two hours apart from each other.

Antacids and some other medications can also affect the absorption of iron. Your doctor or nurse will advise you if you are taking these medications and need to space them out.

It is important to keep iron supplements out of the reach of children as taking too much iron can be dangerous for children.

## Are there any side effects?

Some people may experience side effects from taking iron supplements. The side effects often improve as your body gets used to them.

Possible side effects can include:

- Constipation or diarrhoea. Drinking more water and eating food with fibre can help reduce constipation. Your doctor may also give you some medicine to help with constipation if needed.
- Stomach upset, nausea, stomach cramps. If you get stomach upset or nausea you can take the iron with some food or take it at night. Sometimes you may need to take a lower dose that will increase with time. Only your doctor should advise you on changes to your dose or how to take your medicine.

Iron may also make your bowel motions (poos) turn black.

Liquid iron can cause staining of the teeth, the risk of this can be reduced by brushing teeth after taking this.

ya machungwa, inaweza kusaidia katika ufyonzwaji wa madini.

Usinywe tembe za chuma pamoja na chai, kahawa, maziwa, au cola kwani hivi vinaweza kupunguza kiwango cha chini inayofyonzwa na mwili.

Usimeze chuma wakati mmoja na vidonge vya kalisi kwani ufyonzaji wa chuma unaweza kuathiriwa na vidonge vya kalisi. Ikiwa unahitaji kutumia vidonge vya kalisi pia, inashauriwa kutumia vidonge vya chuma na kalisi angalau masaa mawili mbali ya kila kimoja.

Dawa za kutuliza kiungulia na dawa zingine zinaweza pia kuathiri ufyonzaji wa chuma. Daktari au muuguzi wako atakushauri ikiwa unatumia dawa hizi na ukihitaji kuzitenga.

Ni muhimu kuweka virutubisho vya chuma mahali ambapo watoto hawawezi kufikia kwani kutumia chuma kupita kiasi kunaweza kuwa hatari kwa watoto.

## Je, kuna athari zozote?

Baadhi ya watu wanaweza kupata athari kutokana na kutumia chuma. Athari mara nyingi huboreka kadiri mwili unavyozoea.

Athari zinazoweza kutokea zinajumuisha:

- Kufunga choo au kuhara. Kunywa maji zaidi na kula chakula kilicho na utembo kunaweza kusaidia kupunguza kufunga choo. Daktari wako anaweza pia kukupa dawa za kusaidia kufunga choo ikiwa inahitajika.
- Kuumwa na tumbo, kichefuchefu, kubanwa kwa tumbo. Iwapo una maumivu ya tumbo au kichefuchefu, unaweza kutumia chuma pamoja na chakula fulani au imeze usiku. Wakati mwingine unaweza kuhitaji kuchukua kipimo cha chini ambacho kitaongezeka baada ya muda. Daktari wako pekee ndiye anayepaswa kukushauri kuhusu mabadiliko ya kipimo chako au jinsi ya kutumia dawa zako.

Madini ya chuma yanaweza pia kufanya kinyesi (choo) chako kigeuke kuwa nyeusi.

Kioevu cha chuma kinaweza kusababisha meno kubadilika rangi, hatari ya hii inaweza kupunguzwa kwa kupiga mswaki baada ya kuchukua hii.

Some people cannot tolerate iron tablets because of side effects. Discuss your concerns with your doctor as in some cases iron can also be given as an injection into the vein (infusion).

Baadhi ya watu hawawezi kuvumilia vidonge vya chuma kwa sababu ya athari. Jadili wasiwasi wako na daktari wako kwani katika baadhi ya matukio, chuma pia kinaweza kutolewa kama sindano kwenye mshipa (unyweshaji).

**More information is available for this medicine in the form of Consumer Medicines Information (CMI). CMIs are available from hospitals, pharmacies and medical practices and from the Therapeutic Goods Administration website ([www.tga.gov.au/consumer-medicines-information-cmi](http://www.tga.gov.au/consumer-medicines-information-cmi)). The CMI contains important information about your medicine and must be read in conjunction with this leaflet**

**Maelezo zaidi yanapatikana kuhusu dawa hii katika mfumo wa Taarifa za Dawa za Mtumiaji (CMI). CMI zinapatikana kutoka kwa hospitali, maduka ya dawa na wataalamu wa matibabu na kutoka kwenye tovuti ya Usimamizi wa Bidhaa za Matibabu ([www.tga.gov.au/consumer-medicines-information-cmi](http://www.tga.gov.au/consumer-medicines-information-cmi)). CMI ina taarifa muhimu kuhusu dawa yako na lazima isomwe pamoja na kijikaratasi hiki.**

### The Humanitarian Entrant Health Service (HEHS)

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Monday to Friday

(closed weekends and public holidays)

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Saa za ufunguzi: saa2.15 asubuhi hadi saa10.15 jioni (8:15am -4:15pm)

Jumatatu hadi Ijumaa

(inafungwa wikendi na sikukuu za umma)

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Tunajivunia kuwa na eneo isiyoruhusu uvutaji sigara.



Asante kwa kutovuta sigara au kuvuta mvuke katika majengo yoyote au kwenye uwanja wetu

This document can be made available in alternative formats on request.

Hati hii inaweza kupatikana katika miundo mbadala ikiwa imeombwa.

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