

# Palmetto State Pharmaceuticals

## *Patient Drug Education*

### **FERROUS SULFATE 325 MG TAB**

#### **USES:**

This medication is an iron supplement used to treat or prevent low blood levels of iron (e.g., for anemia or during pregnancy). Iron is an important mineral that the body needs to produce red blood cells and keep you in good health.

#### **HOW TO TAKE THIS MEDICATION:**

**HOW TO USE:** Follow all directions on the product package, or take as directed by your doctor. Do not take more than the recommended dosage. If you are uncertain about any of the information, consult your doctor or pharmacist. This medication is best taken on an empty stomach 1 hour before or 2 hours after meals. Take with a full glass of water (8 ounces or 240 milliliters) unless your doctor directs you otherwise. If stomach upset occurs, you may take this medication with food. Avoid taking antacids, dairy products, eggs, tea, or coffee within 2 hours before or after this medication because they will decrease its effectiveness. Do not lie down for 30 minutes after taking this medication. If you are taking a time-release tablet or capsule, it must be swallowed whole. Do not crush, chew, or break the tablet or capsule. Doing so can destroy the long action of the drug and may increase side effects. If you are taking chewable tablets, chew the medication thoroughly, then swallow. If you have a liquid form, carefully measure out your dose using a medication-measuring device, mix it in a glass of water or juice, and drink the mixture through a straw to prevent staining the teeth. If your liquid form is to be given by dropper, the dose may be placed well back on the tongue and followed with water or juice. If your liquid form is a suspension, shake the bottle well before each dose. Take this medication regularly in order to get the most benefit from it. To help you remember, take it at the same time(s) each day.

#### **SIDE EFFECTS:**

Constipation, diarrhea, stomach cramps, or upset stomach may occur. These effects are usually temporary and may disappear as your body adjusts to this medication. If any of these effects persist or worsen, contact your doctor or pharmacist promptly. Iron may cause your stools to turn black, an effect that is not harmful. If your doctor has prescribed this drug, remember that he or she has judged that the benefit to you is greater than the risk of side effects. Many people using this medication do not have serious side effects. A very serious allergic reaction to this drug is rare. However, seek immediate medical attention if you notice any of the following symptoms of a serious allergic reaction: rash, itching, swelling, severe dizziness, trouble breathing. If you notice other effects not listed above, contact your doctor or pharmacist.

#### **PRECAUTIONS:**

Before taking this medication, tell your doctor or pharmacist if you are allergic to it; or to tartrazine; or if you have any other allergies. This medication should not be used if you have certain medical conditions. Before taking this medication, consult your doctor or pharmacist if you have: iron overload disorder (e.g., hemochromatosis, hemosiderosis). Before taking this medication, tell your doctor or pharmacist your medical history, especially of: use/abuse of alcohol, liver problems, stomach/intestinal problems (e.g., ulcer, colitis). If your brand of iron supplement also contains folic acid, be sure to tell your doctor or pharmacist if you have vitamin B12 deficiency (pernicious anemia) before taking it. Folic acid may falsely improve certain laboratory tests for vitamin B12 deficiency without actually treating this anemia. Untreated vitamin B12 deficiency may result in serious nerve problems (e.g., peripheral neuropathy symptoms such as numbness/pain/tingling sensations). Consult your doctor or pharmacist for details. Chewable tablets of this medicine may contain aspartame. If you have phenylketonuria (PKU) or any other condition that requires you to restrict your intake of aspartame (or phenylalanine), consult your doctor or pharmacist about using this drug safely. Liquid preparations of this product may contain sugar and/or alcohol. Caution is advised if you have diabetes, alcohol dependence, or liver disease. Ask your doctor or pharmacist about using this product safely. During pregnancy, this medication should be used only when clearly needed. Discuss the risks and benefits with your doctor. This medication passes into breast milk. Consult your doctor before breast-feeding.

#### **DRUG INTERACTIONS:**

Your healthcare professionals (e.g., doctor or pharmacist) may already be aware of any possible drug interactions and may be monitoring you for them. Do not start, stop or change the dosage of any medicine before checking with them first. Before taking this medication, tell your doctor or pharmacist of all prescription and nonprescription/herbal products you may use, especially: certain antibiotics (e.g., penicillamine, chloramphenicol, quinolones such as ciprofloxacin/norfloxacin), levodopa, methyl dopa, thyroid replacement drugs (e.g., levothyroxine). Avoid taking this medication at the same time as antacids or tetracycline antibiotics. Wait at least 2 hours between taking this medication and an antacid or tetracycline. If your brand of iron also contains folic acid, be sure to tell your doctor or pharmacist if you take certain anti-seizure drugs (e.g., hydantoin such as phenytoin). This medication may interfere with certain laboratory tests (e.g., fecal occult blood tests), possibly causing false test results. Make sure laboratory personnel and all your doctors know you use this drug.

#### **NOTES:**

If your doctor has prescribed this medication, do not share it with others. Laboratory and/or medical tests (e.g., complete blood count) may be performed periodically to monitor your progress or check for side effects. Consult your doctor for more details. This medication is not a substitute for a proper diet. It is important to maintain a well-balanced diet. Foods rich in iron include red meats (especially liver), fish, beans, dried fruit, and iron-fortified/enriched cereals and bread.

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## **MISSED DOSE:**

If you are taking this product on a prescribed schedule and miss a dose, take it as soon as you remember. If it is near the time for the next dose, skip the missed dose and resume your usual dosing schedule. Do not double the dose to catch up.

## **STORAGE:**

Store at room temperature between 59-86 degrees F (15-30 degrees C) away from light and moisture. Do not freeze liquid forms of this medication. Do not store in the bathroom. Keep all medicines away from children and pets.