PATIENT & CAREGIVER EDUCATION

Ferrous Sulfate

This information from Lexicomp® explains what you need to know about this medication, including what it’s used for, how to take it, its side effects, and when to call your healthcare provider.

Brand Names: US

BProtected Pedia Iron [OTC]; Fe-Vite Iron [OTC]; Fer-In-Sol [OTC]; FeroSul [OTC]; Iron Infant/Toddler [OTC]; Iron Supplement Childrens [OTC]; Iron Supplement [OTC]; One Vite Ferrous Sulfate [OTC]; Slow Fe [OTC]; Slow Iron [OTC]; True Ferrous Sulfate [OTC]

Brand Names: Canada

PMS-Ferrous Sulfate

Warning

- Accidental overdose of drugs that have iron in them is a leading cause of deadly poisoning in children younger than 6 years of age. Keep away from children. If this drug is taken by accident, call a doctor or poison control center right away.

What is this drug used for?

- It is used to aid diet needs.
- It is used to treat or prevent low iron in the body.
- It may be given to you for other reasons. Talk with the doctor.

What do I need to tell my doctor BEFORE I take this drug?

- If you are allergic to this drug; any part of this drug; or any other drugs, foods, or substances. Tell your doctor about the allergy and what signs you had.
- If you have any of these health problems: Too much iron in your body or anemia from a cause other than low iron.
- If you are taking another drug that has iron in it.

This is not a list of all drugs or health problems that interact with this drug.

Tell your doctor and pharmacist about all of your drugs (prescription or OTC, natural products, vitamins) and health problems. You must check to make sure that it is safe for you to take this drug with all of your drugs and health problems. Do not start, stop, or change the dose of any drug without checking with your doctor.

What are some things I need to know or do while I take this drug?

- Tell all of your health care providers that you take this drug. This includes your doctors, nurses, pharmacists, and dentists.
- Have blood work checked as you have been told by the doctor. Talk with the doctor.
- This drug may affect certain lab tests. Tell all of your health care providers and lab workers that you take this drug.
- Do not take more of this drug than you were told. Do not take more often than you were told.
- If you are allergic to tartrazine (FD&C Yellow No. 5), talk with your doctor. Some products have tartrazine.
- If you are allergic to sulfites, talk with your doctor. Some products have sulfites.

- This drug prevents many other drugs from getting into the body. If you take other drugs, check with your doctor or pharmacist to see if you need to take them at some other time than this drug.
- Tell your doctor if you are pregnant, plan on getting pregnant, or are breast-feeding. You will need to talk about the benefits and risks to you and the baby.

What are some side effects that I need to call my doctor about right away?

WARNING/CAUTION: Even though it may be rare, some people may have very bad and sometimes deadly side effects when taking a drug. Tell your doctor or get medical help right away if you have any of the following signs or symptoms that may be related to a very bad side effect:

- Signs of an allergic reaction, like rash; hives; itching; red, swollen, blistered, or peeling skin with or without fever; wheezing; tightness in the chest or throat; trouble breathing, swallowing, or talking; unusual hoarseness; or swelling of the mouth, face, lips, tongue, or throat.
- Fever.
- Black, tarry, or bloody stools.
- Throwing up blood or throw up that looks like coffee grounds.

What are some other side effects of this drug?

All drugs may cause side effects. However, many people have no side effects or only have minor side effects. Call your doctor or get medical help if any of these side effects or any other side effects bother you or do not go away:

All products:

- Constipation, diarrhea, stomach pain, upset stomach, throwing up, or decreased appetite.
- Change in color of stool to green.
- Stomach cramps.

All liquid products:

- Staining of the mouth, teeth, or fillings.

These are not all of the side effects that may occur. If you have questions about side effects, call your doctor. Call your doctor for medical advice about side effects.

You may report side effects to your national health agency.

You may report side effects to the FDA at 1-800-332-1088. You may also report side effects at https://www.fda.gov/medwatch.

How is this drug best taken?

Use this drug as ordered by your doctor. Read all information given to you. Follow all instructions closely.

All products:

- This drug works better if you take it on an empty stomach. You may take this drug with food if it causes an upset stomach. Some foods like eggs, whole grain breads, cereal, dairy products, coffee, and tea may make this drug not work as well. If this drug causes an upset stomach, talk with your doctor about the best way to take this drug with food.
- If antacids are used, they may need to be taken at some other time than this drug. Talk with your doctor or pharmacist.

Tablets and capsules:

- Swallow whole. Do not chew, break, or crush.
- Take with a full glass of water.

Liquid (drops):

- Only use the measuring device that comes with this drug.
- Shake well before use.

- You may put this drug right in the mouth or you may mix it with formula, fruit juice, cereal or other food, water or juice. Take the whole dose.

All other liquid products:

- Measure liquid doses carefully. Use the measuring device that comes with this drug. If there is none, ask the pharmacist for a device to measure this drug.
- Mix with water or juice and drink. This may help to avoid stains on your teeth. Rinse your mouth after drinking. Do not mix with milk or wine-based liquids.

What do I do if I miss a dose?

- Take a missed dose as soon as you think about it.
- If it is close to the time for your next dose, skip the missed dose and go back to your normal time.
- Do not take 2 doses at the same time or extra doses.

How do I store and/or throw out this drug?

All products:

- Store at room temperature protected from light. Store in a dry place. Do not store in a bathroom.
- Keep all drugs in a safe place. Keep all drugs out of the reach of children and pets.
- Throw away unused or expired drugs. Do not flush down a toilet or pour down a drain unless you are told to do so. Check with your pharmacist if you have questions about the best way to throw out drugs. There may be drug take-back programs in your area.

All liquid products:

- Do not freeze.

General drug facts

- If your symptoms or health problems do not get better or if they become worse, call your doctor.
- Do not share your drugs with others and do not take anyone else’s drugs.
- Some drugs may have another patient information leaflet. If you have any questions about this drug, please talk with your doctor, nurse, pharmacist, or other health care provider.
- Some drugs may have another patient information leaflet. Check with your pharmacist. If you have any questions about this drug, please talk with your doctor, nurse, pharmacist, or other health care provider.
- If you think there has been an overdose, call your poison control center or get medical care right away. Be ready to tell or show what was taken, how much, and when it happened.

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If you have any questions, contact a member of your care team directly. If you're a patient at MSK and you need to reach a provider after 5 p.m., during the weekend, or on a holiday, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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