Iron Infusion for Iron Deficiency Anaemia: supplemental iron for anaemia

What is iron deficiency anaemia?

Iron deficiency anaemia is a form of anaemia caused by a shortage of iron. Iron is essential for producing haemoglobin, a protein in red blood cells that carries oxygen through the body. When the body lacks iron, it cannot produce enough healthy red blood cells.

This can lead to symptoms such as:

- Fatigue
- Shortness of breath
- Headaches
- Pale skin
- Weak or brittle nails
- Restless legs (an urge to move to relieve an uncomfortable feeling)
- General weakness

Diagnosis and treatment

A blood test is used to determine whether you have an iron deficiency. If iron deficiency anaemia is confirmed, your doctor may recommend supplementing iron through an infusion.

What is an iron infusion?

An iron infusion is a treatment in which you receive an iron-rich medication, Monofer, through an IV (a thin tube placed in a vein in your arm). This treatment replenishes your iron levels.

Treatment at the clinic

You do not need to fast: you may eat and drink normally. Please check in at the day treatment unit at the scheduled time. A nurse will place the IV in a vein in your arm. The administration of Monofer takes approximately 3 hours.

After the treatment

You may go home immediately. You may drive, cycle or use public transport if you feel well enough. After 2 to 4 months, a follow-up blood test is usually scheduled to evaluate the effect. If necessary, your doctor will recommend additional treatment or monitoring.

Possible side effects

In some cases, you may experience:

- Headache
- Dizziness
- Nausea
- A metallic taste in the mouth

These side effects are rare and usually disappear within 1 to 2 days.

When to contact us?

Please call 088-8884555 if you experience:

- Fever above 38.5°C
- Redness, pain or swelling at the infusion site
- Any other symptoms you are concerned about

For non-urgent questions, we recommend filling out our contactform. We will contact you within 3 working days.