



Oxford Iron Clinic

John Radcliffe Hospital, Oxford University Hospitals

Director: Dr Sue Pavord Practice Manager: James Carstairs Email: [info@oxfordironclinic.com](mailto:info@oxfordironclinic.com)

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If iron infusion has been agreed as the best option for you, you will be asked to read this patient information. Any questions you have will be discussed with the doctor, and when you are satisfied, you will be asked to initial each point of the below consent form and sign at the end.

### **Patient Information: Intravenous Iron**

Iron infusion involves infusion of an iron solution diluted in normal saline, which is administered via a small cannula (tiny plastic tube) in the vein in your arm or hand.

The infusion takes 15-30 minutes.

Some patients will have a sense of flushing and even palpitations during the infusion. This is harmless and resolves in a few minutes.

Serious side effects are very rare.

These include the risk of leakage of iron from the cannula site into the surrounding skin, causing brown staining which can be permanent. The cannula is flushed with saline to help prevent this. If you experience localised pain at the infusion site, you must report this immediately to the doctor or nurse present.

An allergic reaction to the iron preparation may cause itching, wheals, swelling or breathlessness. This can be treated promptly with antihistamines.

In extremely rare cases anaphylaxis may occur leading to shock and need for emergency treatment. The incidence of this occurring, with the products we use, is reportedly 1 in 10,000.

Following the infusion, mild side effects may occur for a few days, although most people feel immediate improvement in their health and wellbeing as iron is replaced into the cells.

Joint aches and pains and facial flushing may occur as baby red blood cells are made by the bone marrow.

Fatigue, weakness, and palpitations may be experienced as blood phosphate levels fall for a few days and then spontaneously recover. Taking phosphate-rich foods, such as milk, cheese, chicken, nuts and pulses, for 2-3 weeks after the infusion helps to prevent this.

If there are any concerns following the infusion, please contact the Oxford Iron Clinic on 07712 621526.



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### Patient Consent Form: Intravenous Iron

Name:

Date of Birth:

Address:

#### Patient Consent (Please initial each point and sign below):

- I confirm I have received and read the patient information from the Oxford Iron Clinic.
- I have discussed my medical condition with the doctor, and I understand the different options for treatment.
- I am aware of the risks and benefits and possible side effects of intravenous iron and its administration. These include:
  - flushing and palpitations.
  - dizziness or light headedness.
  - risk of allergy which might cause swelling and itching of the skin over the face, hands, and other areas, and in extreme cases, anaphylactic shock (1 in 10,000 cases).
  - risk of leakage of iron into the skin.
  - feeling of fatigue and weakness in the few days following the infusion due to a temporary drop in phosphate levels.
- I have had the opportunity to discuss my concerns with the doctor or nurse and wish to proceed with the iron infusion.
- I confirm that I am not in the first 12 weeks of pregnancy.

Patients Signature:

Print Name:

Date:

Consultants Signature:

Print Name:

Date: