

Oral Iron Supplements – Patient Info

How to take oral iron

- Dose: **1 tablet ferrous fumarate 300 mg**
- How often: **Every other day** (for example: Monday, Wednesday, Friday)
- Take it:
 - At night
 - On an empty stomach
 - With vitamin C (500–1000 mg tablet or a glass of orange juice) to improve absorption

Why iron is important

Iron is necessary for your body to make red blood cells. These cells carry oxygen throughout your body. Low iron or anemia (low hemoglobin) can reduce your energy and exercise capacity and cause many other symptoms. [Read More](#)

How long do I need to take oral iron?

- Usually **3 to 6 months**
- Continue taking iron **until your blood and iron levels return to normal**
- Your **family doctor will monitor your blood tests** and iron levels

When will I notice improvement?

Most people see improvement on blood tests after **2 to 6 weeks**.

Common side effects

Most side effects are mild and improve over time.

Side Effect	What to Do
Upset stomach or nausea	Take with a light snack
Constipation	Increase water and fiber (fruit, vegetables, bran, chia)
Diarrhea	Take with food

Dark stools	This is normal and harmless
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Avoid taking iron with these

Take iron at least **2 hours apart** from:

- Coffee or tea
- Milk or calcium supplements
- Antacids (Tums, Gaviscon, Pantoloc/omeprazole)
- High-fiber cereals or bran

These reduce iron absorption.

If you cannot tolerate iron

If iron causes significant stomach problems:

- Try a different form (ferrous sulfate or ferrous gluconate)
- Try taking it with a snack
- Ask about FeraMAX (easier on the stomach but more expensive)