

# IRON TABLET

Ferrous fumarate (200mg)

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## What Iron Tablet 200mg is used for

Iron Tablet 200mg contains a form of iron called ferrous fumarate. Your body needs iron for the normal development of red blood cells. Lack of iron causes a reduction in the number of red blood cells formed in the body and leads to iron deficiency anemia.

Iron Tablet 200mg is used for the prevention and treatment of iron deficiency resulting from:

- Inadequate iron in the diet
- Poor absorption of dietary iron
- Iron deficiency anemia in pregnancy
- Parasitic infections
- Blood loss

## How Iron Tablet 200mg works

Iron, in the form of ferrous fumarate, is involved in the formation and functioning of red blood cells.

## Before you use Iron Tablet 200mg

### -When you must not use it

You must not take Iron Tablet 200mg and should talk to your doctor or pharmacist if:

- You are sensitive/allergic to ferrous fumarate, any other forms of iron or any other ingredients found in these tablets
- You have a condition where there is too much iron build-up in the body (Hemochromatosis, Hemosiderosis)
- You have any form of anaemia conditions not due to iron deficiency
- You are undergoing repeated blood transfusions

### *Pregnancy and breast-feeding*

Although Iron Tablet 200mg can be used during pregnancy, if you are pregnant, breastfeeding or planning to become pregnant ask your doctor or pharmacist for advice first before taking any medicine.

### -Before you start to use it

Tell your doctor or pharmacist if you have any of the conditions mentioned below:

- You are suffering from a recently diagnosed stomach or duodenal ulcer
- You suffer from ulcerative colitis or any other inflammatory condition of the bowels
- Liver inflammation
- Acute infectious kidney disease
- Intestinal tract inflammatory conditions such as enteritis, colitis, diverticulitis and ulcerative colitis
- Stomach ulcer
- Abdomen inflammation
- Rheumatoid arthritis (Disease causing joint pain)

### -Taking other medicines

Please inform your doctor or pharmacist if you are taking, or have recently taken any other medicine even those not prescribed which you obtained from a pharmacy, medical hall or any other source.

Iron Tablets 200mg can interfere with other medicines which you may be taking. In particular tell your doctor or pharmacist if you are taking any of the following medicines:

- Oral Tetracyclines (Antibiotic)
- Vitamin E
- Acetohydroxamic Acid (Medicine used to treat urinary tract infections)
- Antacids, Containing Carbonates or Magnesium Coffee; Eggs; Foods; Milk And Milk Products; Tea Or Whole-Grain Breads And Cereals.
- Pancreatin or Pancrelipase (Digestive enzymes)
- Penicillamine (Anti- rheumatic medicine used to treat individuals with active Rheumatoid arthritis)
- Alcohol
- Zinc Supplements
- Fluoroquinolones (Antibiotics to treat respiratory and urinary tract infections).

## How to use Iron Tablet 200mg

Always take Iron Tablet 200mg as your doctor or pharmacist has told you. If you do not understand the directions on the label, ask your doctor or pharmacist to explain the instructions to you.

It is advisable not to take Iron Tablet 200mg with coffee, tea, eggs, milk and milk products, whole-grain breads and cereals as it will decrease iron absorption. Try to take your Iron Tablet either one hour before or two hours

after taking any of these foods. Swallow the whole tablets with a glass of water.

### -How much to use

Follow all directions given to you by your doctor or pharmacist. They may differ from the information contained in this leaflet. If you do not understand the instructions on the label, ask your doctor or pharmacist for help.

### **Adults:**

For treatment to prevent disease - 200 mg (1 tablet) daily

Therapeutic - 200 mg (1 tablet) three or four times a day. The dosage may be being adjusted gradually as needed and tolerated

### **Elderly:**

Some elderly may require a larger than usual daily ingestion of iron to correct iron deficiency because their ability to absorb iron has been diminished due to reduced gastric secretions.

### -When to use it

Use as directed by your doctor or pharmacist. Although iron is better absorbed between meals, side-effects can be reduced by taking it with, or immediately after food.

### -How long to use it

Continue taking your medicine for as long as your doctor or pharmacist recommends.

### -If you forget to use it

Take the missed dose as soon as you remember. If it is almost time for your next dose, wait until then to take the medicine and skip the missed dose. Do not take a double dose to make up for the missed dose.

### -If you use too much (overdose)

Early signs of overdose may include the following:

- Diarrhea, sometimes containing blood
- Severe nausea
- Sharp stomach pain or cramping
- Severe vomiting, sometimes containing blood.

Go to the Emergency Department of your nearest hospital if you think you or anyone else may have taken too much of this medicine. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.

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### While you are using Iron Tablet 200mg

#### -Things you must do

Take your medicine exactly as your doctor or pharmacist has told you. If you seek other medical treatment, tell all the doctors, dentists and pharmacists that you are on Iron Tablet 200mg.

Tell your doctor or pharmacist immediately if you become pregnant while taking this medicine.

#### -Things you must not do

Do not stop taking the medicine unless advised by your doctor or pharmacist. Do not give Iron Tablet 200mg to anyone else even if they have the same symptoms or condition as you. Do not take extra doses unless recommended by your doctor.

#### Things to be careful of

Individuals with history of stomach ulcer, intestine narrowing, and intestinal problem, abdominal surgery, children, pregnant and nursing mothers should be careful in consuming this tablet.

#### **Side Effects**

Iron Tablet 200mg is generally well tolerated. However, like all medicines, Iron Tablet 200mg can cause side effects such as:

- Discomfort, diarrhea and vomiting
- Dizziness
- Chest Pain
- Palpitation
- Flushing
- Abdominal Pain

Also, you might find your stools are darker in colour after you start taking this medicine. This is quite normal and happens with all iron preparations.

If any of these side effects get serious or if you notice any side effects not listed here, inform your doctor or pharmacist immediately.

You may report any side effects or adverse drug reactions directly to the National Centre for Adverse Drug Reaction Monitoring by calling Tel: 03-78835550 or visiting the website [www.npra.gov.my](http://www.npra.gov.my) (Public → Reporting ADR to Consumer Side Effect Reporting Form (ConSERF) or Reporting Adverse Drug Reactions (For Healthcare Professionals)).

#### **Storage and Disposal of Iron Tablet 200mg**

##### -Storage

Keep all medicines out of the sight and reach of children.

Keep the medicines in a cool dry place where the temperature stays below 30°C. Protect from light.

Do not store in the bathroom or near a sink, or on a window sill.

Do not leave it in the car on hot days. Heat and dampness can destroy some medicines.

Do not take this medicine after the expiry date stamped on the pack. The expiry date refers to the last day of that month.

##### -Disposal

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

#### **Product Description**

##### -What it looks like

Round, biconvex, even edged tablets, brown in colour.

##### -Ingredients

Active ingredient:

- Ferrous Fumarate 200mg

Inactive ingredients:

- Docusate sodium
- Povidone
- Ethanol 96% v/v
- Shellac solution
- Talc powder
- Magnesium stearate
- Maize starch
- Sodium starch glycolate

##### MAL number:

MAL20020030XZ

#### **Product Registration Holder & Manufacturer**

Idaman Pharma Manufacturing Sdn Bhd  
(661901-P)

Lot 24 & 25, Jalan Perusahaan Lapan,  
Bakar Arang Industrial Estate,  
08000 Sungai Petani,  
Kedah Darulaman, Malaysia

#### **Date of Revision**

26/04/2018

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