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Iron Infusion - After Care

This aftercare sheet provides important information to help you understand what to expect following your procedure, how to care for yourself and when to seek medical advice. While iron infusions are generally safe and well tolerated, it's normal to experience some mild side effects. Knowing what is typical and what may require further attention can help ensure a smooth recovery.

Please take a few moments to read the information below and don't hesitate to contact your healthcare provider or clinic if you have any concerns following your infusion.

- **Rest and Observation:** After the infusion, you will be asked to rest for a short period, and our team will monitor you for any immediate reactions or side effects. Side effects and severe reactions are very rare. The most common side effects are: **headaches, dizziness, redness of the skin, especially cheeks or neck, feeling sick, a metallic taste in your mouth, muscle or joint pain, changes in blood pressure or pulse.** Please let our team know if you experience any of these while at the surgery. Some of these side effects can start 1 to 2 days after the infusion, but normally settle down by themselves over a few days. Fewer than 1 out of 100 people experience a severe allergic reaction. Change in skin colour near the IV site is also a very rare side effect. This happens when the infusion leaks into the surrounding soft tissue.
- **Hydration:** Drink plenty of fluids to stay well-hydrated after the infusion.
- **Avoid Strenuous Activities:** Avoid heavy lifting or strenuous physical activities for the remainder of the day following the infusion.
- **Watch for Adverse Reactions:** While iron infusions are generally safe, it's essential to be aware of any signs of adverse reactions, such as difficulty breathing, chest pain, hives, or swelling of the face, lips, or throat. If you experience any of these symptoms, seek immediate medical attention.
- **Monitor Improvement:** Be patient and monitor your symptoms over time. It may take a few weeks to notice an improvement in your iron levels and a reduction in anaemia symptoms.
- **Follow-Up:** Attend any scheduled follow-up appointments with your GP to assess your response to the iron infusion and determine the need for additional treatments. Your GP will inform you when to book a blood test after an infusion to check if your iron levels have improved.
- **Iron-Rich Diet:** To support your iron levels, consider incorporating iron-rich foods into your diet, such as leafy greens, lean meats, beans, lentils, and fortified cereals.
- **Report Side Effects:** If you experience any persistent or concerning side effects after the iron infusion, report them to your GP promptly.

Specific aftercare instructions may vary based on your individual medical condition and the type of iron infusion you received. Always follow your healthcare provider's recommendations for post-infusion care and any additional guidance they provide. If you have any questions or concerns about your aftercare following the iron infusion, do not hesitate to contact your healthcare provider for clarification and support. They are best equipped to provide personalised aftercare advice based on your unique health needs.