

Name of Child: \_\_\_\_\_ Date: \_\_\_\_\_

# Ferrous Sulfate or Iron

**Other Names:** Feosol, Fer-in-Sol and others.

## Why it is given:

The body needs iron to make red blood cells. Iron is used to treat or prevent having too few red blood cells (**anemia**).

How much to take: \_\_\_\_\_ When: \_\_\_\_\_

## Things to know about this medicine:

- Give your child a big glass of water or juice to drink with each dose. The vitamin C in orange or grapefruit juice helps the body use the iron.
- You may mix a dose in a small amount of water or fruit juice.
- Drink plenty of fluids and eat foods high in fiber, like fruits and vegetables.
- Liquid forms of iron can stain teeth. Your child may drink the medicine through a straw. Use a toothbrush or damp cloth to clean teeth right after you give the iron.
- There are several medicines that should not be taken with iron. Tell your doctor about other medicines your child is taking.
- If you forget a dose, give your child the missed dose as soon as you think of it. However, if it is almost time for the next dose, give only one dose. Do not give two



**Give your child a big glass  
of water or juice to drink  
with each dose.**

doses to make up for a missed dose. If you have any questions, call your child's doctor.

- Store in a cool dry place, away from direct light.
- Keep this and all medicines out of reach of children.

If an overdose of iron is taken, call 911 and the Samaritan Regional Poison Center at 602-253-3334

or

the Arizona Poison Control Center at 1-800-362-0101 right away.

### Possible Side Effects:

- Dark stools. This is harmless.
- Dry, hard stools. To prevent this, have your child drink plenty of fluids and eats foods high in fiber.
- Sick to the stomach or stomach pain. If the iron causes an upset stomach, take it after a meal.

### Now that you've read this:

- Tell the nurse or doctor why you are giving your child this medicine and how much you will give. (Check when done.)
- Tell the nurse or doctor where you will store this medicine. (Check when done.)



If you have any questions or concerns,  
 call your child's doctor or  call \_\_\_\_\_

If you want to know more about child health and illness,  
visit our library at The Emily Center at Phoenix Children's Hospital  
1919 East Thomas Road  
Phoenix, AZ 85016  
602-546-1400  
866-933-6459  
[www.phoenixchildrens.com](http://www.phoenixchildrens.com)

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#36 • Written by Fran London, MS, RN • Illustrated by Dennis Swain