

# **NORTH STRATHFIELD MEDICAL PRACTICE**

## **Iron Infusion (*Ferinject*) Information & Consent Form**

### **Why is Iron Important?**

Our bodies need iron. Iron is used to make haemoglobin – the part of our red blood cells that carries oxygen around our body. It is also important for muscle strength, energy and good mental function. If your iron levels are low this may make you feel tired and unable to do normal daily activities. As the amount of iron in the body falls even lower, the haemoglobin levels drop below normal. This is known as iron deficiency anaemia.

### **Why Might I Need Intravenous (IV) Iron?**

The most common way to treat iron deficiency is to take iron by mouth as a tablet or liquid. This works well for most people and is usually tried first. Some people may need iron to be given straight into the body through a vein. This is called an Intravenous (IV) iron infusion. The infusion is made up of iron, not blood. IV iron might be needed if you:

- Are not able to take iron tablets / liquid
- Are not responding to iron tablets / liquid or not absorbing them
- Need to get your iron levels up quickly

### **Preparation**

- It is important that you are well hydrated prior to your procedure. If you suffer from a heart or kidney condition, please discuss the appropriate amount of hydration with your doctor.
- Cease all oral iron supplementation at least 1 week prior to the infusion procedure.
- You will need to pre-purchase Ferinject vials prior to the procedure. Your doctor will provide a prescription for this and advise whether you need 1 or 2 vials based on your blood count and iron levels.

### **What Happens During Your Appointment?**

Infusion therapy involves the administration of a medication through an intravenous cannula (IVC). The IVC is usually inserted into a vein in your hand or arm (elbow) and is then connected to a sterile bag that contains the fluid and medication to be infused. During your infusion our staff will measure and record your vital signs, such as blood pressure and heart rate.

### **What Should I Bring and Wear to the Appointment?**

- It is recommended that you wear comfortable clothes which allow easy access to your arms up to elbow level (short sleeve shirt). As some IV fluids may make you feel cool, it is also suggested that you bring a jacket or cover to keep warm.
- You may bring a support person with you.

- The procedure takes 60-90 minutes so it is advisable to bring some reading or entertainment material such as a tablet or smartphone (with headphones). As the arm with the IVC in place must be kept straight at all times, reading a traditional book or magazine may be difficult.

## What Are the Risks and Side Effects of an Iron Infusion?

As with all medical procedures, there are risks of adverse events and side effects. The doctors at North Strathfield Medical Practice will carry out the procedure with utmost care and professionalism however the following risks should be noted.

Common adverse events and side effects (1-10% occurrence rate) –

- Headache
- Flushing
- Nausea
- Low blood phosphate levels
- IVC site reactions

Uncommon and rare adverse events and side effects (<1% occurrence rate) –

- **Anaphylaxis**
- Numbness
- Tachycardia (increased heart rate)
- Hypotension (low blood pressure)
- Difficulty breathing
- Taste disturbance
- Vomiting
- Dyspepsia (upset stomach)
- Flatulence
- Abdominal pain
- Constipation or Diarrhoea
- Itching
- Urticaria (hives)
- Rash
- Muscle pain or spasm
- Back, joint or chest pain
- Fever
- Fatigue
- Oedema (fluid accumulation in periphery such as ankles)
- Rigors (chills)
- Malaise

In addition to the above, there is a risk of **Paravenous leakage** of the iron around the IVC site leading to potentially long term discolouration of the skin.

Note that some of the above adverse events may not become evident until 24-48 hours after the infusion.

## **Contraindications (Conditions Where Iron Infusion is NOT appropriate)**

- Pregnancy
- Dialysis or Kidney Failure
- Significant Liver Disease
- Allergy to Ferinject
- Iron overload/Haemochromatosis
- Children under the age of 14
- Anaemia due to causes other than iron deficiency
- Fever, inflammation, active infection
- Fluid overload or Heart Failure
- Substance Abuse
- Hyperthyroidism (uncontrolled)
- Hyperparathyroidism (uncontrolled)
- Severe asthma
- Chronic widespread arthritis

In signing the consent form below, the patient declares that none of the above are applicable.

## **Post Procedure**

- Following your infusion, the IVC will be flushed with saline to clear any residual iron in the drip. After the IVC is removed, a light pressure dressing will be applied.
- You will need to stay in the practice for 15-30 minutes after the infusion for observation.
- You should avoid strenuous activity for 24-48 hours following the procedure.
- Your doctor will follow you up over the following 24-48 hours by phone to check on your progress.
- A blood test to recheck your iron levels will be scheduled after your infusion at a time to be determined by your doctor (usually 6 weeks).
- Do not take oral iron supplements after the procedure.
- You may call the practice at any time after the procedure if you have any questions or concerns.

## **Costs**

There is an out of pocket cost for this procedure. Please discuss this with your doctor.

## **Feedback**

As part of our commitment to continuous quality improvement, we welcome any constructive feedback on your experience during the procedure.

## Consent

- In signing the consent form below, I declare I have read the above information regarding iron infusions and understand the risks involved. I declare that I do not fall into any of the “Contraindications” categories listed above.
- I understand that the doctors at North Strathfield Medical Practice are trained in the administration of iron infusions and that all due professional care will be taken to avoid adverse events however I acknowledge that all medical procedures carry some risk and I understand and accept this risk.
- In the unlikely event of a life threatening event such as anaphylaxis, I authorise the staff at North Strathfield Medical Practice to administer all necessary life support and resuscitation measures including calling an ambulance where appropriate.
- I have had the opportunity to ask questions which have been answered to my satisfaction.
- Costs of the procedure have been explained to my satisfaction and I undertake to pay the fees associated with this procedure (including any ambulance fees if applicable).
- I hereby consent to proceed with the Iron Infusion procedure.

Patient Name \_\_\_\_\_

Doctor Name \_\_\_\_\_

Patient Signature \_\_\_\_\_

Doctor Signature \_\_\_\_\_

Patient Phone \_\_\_\_\_

Date \_\_\_\_\_