Dear patient,

Following your attendance at the Pre-Operative Assessment Clinic a review of your routine blood tests has identified that you have a degree of iron-deficiency anaemia.

In order to help improve this deficiency prior to your surgery, it is recommended that you are started on a course of oral iron tablets. Correction of the anaemia may reduce problems during and after your surgery.

To obtain a supply, a prescription for the following item will have been prepared for you: Please follow the details below for administration

**Oral iron tablets: Ferrous Sulphate**

**Dosage: 200mg**

**Frequency: once a day on alternate days**

**Duration: 8 weeks**

Common side-effects include nausea, stomach upset, constipation and diarrhoea.

Swallow tablets or capsules with a glass of water or juice only. It is recommended to take your iron tablets with orange juice or a vitamin C supplement. Vitamin C is believed to increase the amount of iron absorbed by the body.

Do not take them with milk or any caffeinated drinks, as this stops the iron getting into your system.

Iron supplements are best absorbed when they are taken on an empty stomach. They should be taken 30 minutes before eating, or 2 hours after eating. But if it upsets your stomach, you can take it with or just after food.

**Please inform preoperative assessment team on the telephone number above, if you find that you are unable to tolerate the iron tablets.**

*If you require more information please do not hesitate to contact us on the number above.*