

FERODAN



***Ferrous sulfate oral solution 30 mg/mL
(equivalent to 6 mg/mL elemental iron)***

What is in this leaflet

This leaflet answers some common questions about FERODAN. It does not contain all the information available on this medicine. It does not take the place of talking to your pharmacist or doctor. All medicines have risks and benefits. Your pharmacist or doctor has weighed the risks of you taking FERODAN against the benefits they expect it will have for you. If you have any concerns about taking this medicine, ask your pharmacist or doctor. Keep this leaflet with the medicine. You may want to read it again.

What FERODAN is used for and how it works

FERODAN contains the active ingredient, ferrous sulfate. Ferrous sulfate is a form of iron.

Iron is a mineral needed for your body to produce red blood cells. When the body does not get enough iron, it cannot produce enough red blood cells. This is called iron deficiency anaemia.

FERODAN is used when you are iron deficient or have iron deficiency anaemia. You should only take iron on advice from your doctor or pharmacist.

FERODAN is only available from your pharmacy.

Before you take FERODAN

When you should not take it

- **Do not take FERODAN if you have an allergy to iron (ferrous sulfate) or any of the ingredients listed at the end of this leaflet.**
- **Do not take FERODAN if you have any of the following conditions:**
Haemochromatosis (excess iron deposits in the body)
Blood disorder (other than iron deficiency anaemia)
Inability to absorb iron.
- **Do not take FERODAN if you are receiving blood transfusions.**
- **Do not take FERODAN if the expiry date on the bottle has passed, or the bottle shows signs of tampering.**

If you have not told your pharmacist or doctor about any of the above, tell them before you take FERODAN.

Before you start to take it

It is important that if you have an anaemia, that it is properly diagnosed by your doctor. Your doctor can determine if you have an iron deficiency, what is causing the deficiency and if you need an iron supplement.

You must tell your pharmacist or doctor if you have or have had problems with your digestive system, such as stomach ulcer or ulcerative colitis.

Your doctor or pharmacist will determine if FERODAN is suitable for you.

If you have not told your pharmacist or doctor about any of the above, tell him/her before you use FERODAN.

FERODAN may be used during pregnancy.

Taking other medicines

Tell your pharmacist or doctor if you are taking any other medicines, including any that you buy without a prescription from your pharmacy, supermarket or health shop.

Some medicines and FERODAN may interfere with each other. These include:

- certain types of antibiotics, including tetracyclines and quinolones
- antacids (medicines used to treat indigestion)
- other specific medicines such as penicillamine, cholestyramine, methyldopa and levodopa.

These medicines may be affected by FERODAN or may affect how well it works. You may need different amounts of your medicine or you may need to take different medicine.

Your pharmacist or doctor has more information on medicines to be careful with or avoid while taking FERODAN.

How to take FERODAN

Follow all directions given to you by your pharmacist or doctor carefully and read the instructions on the bottle.

How much to take

The recommended daily dose is:

Children 0 to 2 years: Use only on medical advice

Children 2 to 6 years: Up to 5 mL

Children 6 to 12 years: 5 to 20 mL

Adults and children 12 years and over: 15 to 30 mL.

Shake well before use.

When to take it

FERODAN should be taken in three divided doses throughout the day. It is best taken on an empty stomach (one hour before meals or three hours after a meal). Food and certain drinks (including tea, coffee and milk) can reduce the amount of iron absorbed in your stomach. FERODAN may be mixed with water or fruit juice.

Do not take antacids (medicines used to treat indigestion) at the same time as FERODAN. Antacids will decrease the absorption of the iron.

You should not take FERODAN for longer than 3 months, or for longer than your doctor tells you.

While you are taking FERODAN

Things you must do

Tell all doctors, dentists and pharmacists who treat you that you are currently, or have recently taken FERODAN.

If you are about to be started on any new medicine, remind your pharmacist or doctor that you are currently, or have recently taken FERODAN.

Things you must not do

Do not give FERODAN to anyone else, even if they have the same condition as you.

Do not use FERODAN to treat any other medical complaints.

If you forget to take it

If it is almost time for your next dose, skip the dose you missed and take your next dose when you are meant to. Otherwise, take it as soon as you remember, and then go back to taking FERODAN as you would normally. Do not take a double amount of FERODAN to make up for the missed dose.

If you are not sure whether to skip the dose, talk to your pharmacist.

Side effects

Tell your pharmacist or doctor as soon as possible if you do not feel well while you are taking FERODAN.

Like all medicines, FERODAN can have some unwanted effects. Sometimes they are serious, most of the time they are not. You may need medical treatment if you get some of the side effects.

Tell your pharmacist or doctor if you notice any of the following and they worry you:

- nausea (feeling sick)
- vomiting
- stomach irritation
- constipation
- diarrhoea
- temporary discolouration of the teeth
- stools (bowel motions) becoming dark green or black.

Temporary discolouration of the teeth can be prevented by placing FERODAN on the back of the tongue with a dropper, or by using a straw. Brushing the teeth after taking FERODAN may also minimize the discolouration.

Stools often become dark green or black when you are taking iron preparations. This is caused by unabsorbed iron and is usually harmless. **However, if there is blood in the stools or you have other side effects, such as cramps or stomach pains, contact your doctor as soon as possible.**

Tell your doctor immediately or go to Accident and Emergency at your nearest hospital if you notice any of the following:

- swelling of the face, lips or tongue which may cause difficulty in swallowing or breathing
- wheezing
- sudden or severe itching, skin rash or hives
- fainting, seizures or fits.

If you experience any of these side effects, you may have had a serious allergic reaction to FERODAN. You may need urgent medical attention or hospitalisation. These side effects are very rare.

The list of side effects mentioned above is not complete. If you should suffer from any of these side effects or any other undesired effect please tell your pharmacist or doctor.

Do not be alarmed by this list of possible side effects. You may not experience any of them.

In case of overdose

Immediately contact your doctor or the National Poisons Information Centre (0800 POISON or 0800 764 766) or go to the Emergency department at your nearest hospital, if you think that you may have taken too much, or if anyone else has taken FERODAN by mistake. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention. Take the bottle of FERODAN with you if you can.

Keep telephone numbers for these places handy.

Storage conditions

Storage

Store FERODAN where children cannot reach it. Overdose in small children can be very serious. A locked cupboard at least one-and-a-half metres above the ground is a good place to store medicines.

Keep the bottle tightly closed, and ensure that the child resistant cap is engaged after use.

Keep FERODAN in a cool dry place where the temperature stays below 25°C.

Do not store FERODAN or any other medicine in the bathroom or near a sink. Do not leave FERODAN in the car or on window sills. Heat and dampness can destroy some medicines.

Disposal

If you do not use all your FERODAN or it has passed the expiry date, ask your pharmacist what to do with the remaining medicine.

List of ingredients

Each mL of FERODAN contains 30 mg of the active ingredient, ferrous sulfate (which is equivalent to 6 mg of elemental iron).

FERODAN also contains sucrose, sorbitol, glycerine, citric acid, lemon flavour, pineapple flavour, strawberry flavour, sodium benzoate, sodium bisulphite and purified water. The flavourings contain essential oils, natural and artificial flavour, ethanol, arabic gum, citric acid, estergum, potassium sorbate, sodium benzoate, butylated hydroxytoluene, propylene glycol and acetic acid.

If you want to know more

Should you have any questions regarding this product, please contact your pharmacist or doctor.

Who supplies this medicine

Distributed in New Zealand by:

Mylan New Zealand Ltd,
PO Box 11-183,
Ellerslie,
Auckland.
Free phone: 0800 579 811

Date of Information

8 June 2009