

Ferro-F-Tab

Ferrous fumarate 310 mg and Folic acid 350 µg, film coated tablet

What is in this leaflet

This leaflet answers some common questions about Ferro-F-Tab.

It does not contain all the available information. It does not take the place of talking to your doctor, midwife or pharmacist.

Please read this leaflet carefully before you start taking your medicine.

If you have any concerns or questions about this medicine, ask your doctor, midwife or pharmacist.

Keep this leaflet with your medicine. You may need to read it again.

What Ferro-F-Tab is used for

Ferro-F-Tab tablets are used as a source of iron and folic acid for the prevention and treatment of iron and folic acid deficiency anaemia. It may also be used for the prevention and treatment of these conditions during pregnancy.

If you are not sure if you should be taking Ferro-F-Tab, talk to your doctor, midwife or pharmacist.

Before you take Ferro-F-Tab

Do not take Ferro-F-Tab if:

- **You have suffered a reaction, or have an allergy to:**
 - Ferro-F-Tab tablets or their active ingredients ferrous fumarate and folic acid or
 - any ingredient listed at the end of this leaflet under "Other ingredients"
- **You have been told you suffer from Vitamin B12 deficiency** or other blood disorder which results from a general increase in iron stores in the body.
- **You have or have had anaemia other than those due to iron and/or folic acid deficiency**
- **You have had, or are having repeated blood transfusions**
- **You have active stomach ulcer** (or other digestive disorders such as regional enteritis or ulcerative colitis)
- **The expiry date on the carton has passed, or the carton shows signs of tampering.**

Before you start to take Ferro-F-Tab

Tell your doctor, midwife or pharmacist if you have or have had any of the following medical conditions:

- You have had all or part of your stomach removed
- You have had or have a folate-dependent tumour
- You have had or have any blood disorder

If you are or will be breast feeding while using Ferro-F-Tab

How to use Ferro-F-Tab

Ideally, consult your doctor or midwife before starting or stopping taking Ferro-F-Tab. This is because laboratory tests, including blood iron level and folate level tests, may be necessary to monitor the effectiveness and safety of your treatment with Ferro-F-Tab.

Ferro-F-Tab should be taken by adults only for the prevention of iron and/or folic acid deficiency (one tablet daily) or as a treatment for iron and/or folic acid deficiency anaemia (one tablet, 1 or 2 times daily). Do not take higher doses unless directed by your doctor. Follow the directions given to you by your doctor, midwife or pharmacist carefully. They may differ from the information contained in this leaflet.

Iron from Ferro-F-Tab is absorbed better on an empty stomach but Ferro-F-Tab may be taken with food if you experience side effects (see below for description of typical side effects).

If taken between meals (for maximum absorption of iron), Ferro-F-tab should be taken with a full glass of water (240 mL). Ferro-F-Tab tablets should be swallowed whole. After taking Ferro-F-Tab, wait at least 30 minutes before lying down.

If taken with food, a higher daily dose may be necessary for maximum therapeutic benefit. Do not take more than 2 tablets per day unless on advice from your doctor.

If you miss taking a Ferro-F-Tab tablet, take it as soon as possible. Do not take 2 tablets at once unless directed by your doctor.

Ferro-F-Tab should not be taken for more than 12 months except on medical advice.

Taking Other Medicines

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

Other medicines and Ferro-F-Tab tablets may interfere with each other. These include:

- some antibiotics e.g. trimethoprim
- antacids
- large quantities of alcohol
- medicines used to treat bowel disease e.g. sulphasalazine
- some medicines used to treat cancer (cytotoxic drugs) e.g. methotrexate
- some medicines used to treat tuberculosis
- some medicines used to treat malaria e.g. pyrimethamine
- medicines used to control epilepsy (anti-convulsant drugs) e.g. phenytoin
- some medicines to treat high blood pressure or water retention e.g. triamterene
- oral contraceptives

You may need different amounts of your medicines, or you may need to take different medicines. Your doctor, midwife or pharmacist will be able to advise you.

If you are taking dietary supplements containing iron and/or folic acid, let your doctor, midwife or pharmacist know because you may take more than is recommended.

Ferro-F-Tab may be ineffective or less effective when taken with some medicines or certain foods. Do not take Ferro-F-Tab within 1 hour before or 2 hours after antacids, eggs, whole grain breads or cereal, milk, milk products, coffee, or tea. If unsure, ask your pharmacist which foods reduce iron absorption.

Ferro-F-Tab may interfere with some laboratory tests e.g. faecal occult blood tests, possibly causing false test results. Make sure laboratory test personnel and your doctor know you are taking Ferro-F-Tab.

Side effects

All medicines have benefits and risks.

In some people, taking Ferro-F-Tab at the recommended dosage can produce constipation, diarrhoea, stomach cramps, green stools, nausea or stomach upset. Iron may cause your stools to turn black, but this is not harmful. These effects are usually temporary and may disappear as your body adjusts to this medication, or if you take Ferro-F-Tab with meals. If any of these effects persist or worsen, contact your doctor, midwife or pharmacist promptly.

Very rarely, oral iron preparations like Ferro-F-Tab can cause severe adverse reactions. Seek immediate medical attention if you notice any of the following symptoms:

- allergic reactions (rash; hives; difficulty breathing; tightness in the chest; swelling of the mouth, face, lips, or tongue);
- black, tarry stools;
- blood or streaks of blood in the stool;
- fever;
- vomiting with continuing sharp stomach pain.

This is not a complete list of all possible side effects. Others may occur in some people and there may be some side effects not yet known.

Tell your doctor or pharmacist if you notice anything else that is making you feel unwell, even if it is not on this list.

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

Overdose

Ferro-F-Tab contains iron. Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children younger than 6 years of age.

Immediately telephone your doctor or the National Poisons Information Centre (telephone 13 11 26 in Australia; 0800 POISON (0800 764 766) in New Zealand) for advice, or go to your nearest Accident and Emergency Centre, if you think you or anyone else may have taken too much Ferro-F-Tab. Do this even if there are no signs of discomfort or poisoning.

Keep the telephone numbers for these places handy.

Storage

Store Ferro-F-Tab 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 Ferro-F-Tab in a cool dry place where the temperature stays below 25 °C.

Do not store Ferro-F-Tab or any other medicine in the bathroom or near a sink. Do not leave Ferro-F-Tab in the car or on window sills.

Heat and dampness can destroy some medicines.

Other ingredients

Ferro-F-Tab tablets also contain glycerol, macrogol 400 and 6000, cellulose - microcrystalline, povidone, sodium lauryl sulfate, sodium starch glycollate, magnesium stearate, hypromellose, talc - purified, titanium dioxide and iron oxide red.

If you want to know more

If you have any questions about Ferro-F-Tab or why you have been advised to take the tablets, talk to your doctor or pharmacist.

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Date of Preparation:

March 2012