

Ferro-F-Tab

Ferrous fumarate 310 mg

Folic acid 0.35 mg

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.

All medicines have risks and benefits.

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 this medicine

When you must not take it

Do not take this medicine if:

- **You have suffered a reaction, or have an allergy to:**
 - Ferro-F-Tab tablets
 - any ingredient listed at the end of this leaflet
- **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 had or are having anaemia other than those due to iron 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 it

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 other blood disorder

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:

- antibiotics (such as fluoroquinolones, cotrimoxazole, chloramphenicol, sulphonamides)
- antacids
- penicillamine (used for rheumatoid arthritis)
- sulphasalazine (used for rheumatoid arthritis and bowel disease, e.g. Crohn's disease)
- cholestyramine (to reduce blood cholesterol or control diarrhoea)
- fluoroquinolones
- levodopa
- carbidopa (for Parkinson's)]
- thyroxine (a thyroid hormone)
- bisphosphonates (for bone disease)
- zinc
- aminopterin, methotrexate (cytotoxic drugs)
- pyrimethamine (for malaria)
- sulphonamides
- trientien (for Wilson's disease)
- methyldopa (for high blood pressure)
- drugs to control epilepsy.

If you are taking other dietary supplements containing iron, let your doctor, midwife or pharmacist know because you may be overdosed.

If you drink tea, coffee or milk or eat eggs at the same time as taking Ferro-F-Tab, your body may absorb less of the iron contained in the tablets.

How to take Ferro-F-Tab

Follow the directions given to you by your doctor, midwife or pharmacist carefully. They may differ from the information contained in this leaflet.

The usual dose of Ferro-F-Tab is one tablet daily before food. The tablet should be swallowed whole with a glass of water.

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

If you take too much (overdose)

Immediately telephone your doctor or the National Poisons Information Centre (telephone 13 11 26 in Australia; 0800 POISON or 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 telephone numbers for these places handy.

Side effects

Tell your doctor, midwife or pharmacist as soon as possible if you do not feel well while you are taking Ferro- F-Tab.

Ferro-F-Tab helps most people, but may have unwanted side effects in a few people. All medicines can have side effects. Sometimes they are serious, most of the time they are not. There is a small chance you may need medical treatment if you get some of the side effects.

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

- constipation (difficulty emptying the bowels)
- diarrhoea
- the iron in Ferro-F-Tab may cause your stools to become a black colour - however, this is not a cause for concern
- heartburn (indigestion)

These are the more common side effects of Ferro-F-Tab.

Rarely allergic reactions may occur.

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, midwife 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.

After taking Ferro-F-Tab

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.

Product Description

What it looks like

Ferro-F-Tab tablets are sandy-brown, round, film-coated tablets.

Ingredients

Active ingredients:

- 310mg ferrous fumarate equivalent to 100 mg elemental iron
- 0.35mg folic acid.

Inactive ingredients:

glycerol, macrogol, microcrystalline cellulose, povidone, sodium laurilsulfate, sodium starch glycollate, magnesium stearate, hypromellose, purified talc, titanium dioxide and camoisine.

Distributor

Ferro-F-Tab is distributed in New Zealand by:

AFT Pharmaceuticals Ltd
PO Box 33-203,
Takapuna
AUCKLAND
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Distributed in Australia by:

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