Navigating Iron Deficiency Anemia: My IV Iron Treatment Guide

What should I expect when being treated with IV iron?

1. Before receiving IV iron infusion1:
   - I will discuss my treatment with my healthcare provider.
   - I may receive an antihistamine or steroid to protect against infusion-related reactions.

Although premedication is not required, your healthcare provider may deem it necessary based on your medical history.

2. During IV iron infusion2-7:
   - I may receive a test dose for 15 minutes and be monitored for up to an hour before receiving the full dose (only for certain treatments).
   - I will receive an IV iron infusion lasting 15 minutes to 1.5 hours or longer (depending on the specific medication).
   - My nurse will check-in with me during my infusion to ensure my safety.
   - I may experience an infusion-related reaction, although uncommon.

3. After IV iron infusion2-7:
   - I will be monitored by my nurse on-site for at least 30 minutes for the below symptoms.

   **CONTACT YOUR HEALTHCARE PROVIDER**

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4. During follow-up on my IV iron infusion2-7:
   - At home, I will continue to monitor for the above symptoms.
   - I will have my blood drawn for lab tests to see how I am responding to treatment.
   - I may have frequent visits with my healthcare provider to discuss lab results, my current symptoms, and any side effects of my treatment.

Lab tests are generally done every 1 to 2 months2-7:
- Depending on your iron and hemoglobin levels, you may be given additional IV iron infusions.
- If your iron and hemoglobin levels return to normal but go down again, IV iron infusion may be repeated.
- Depending on the IV iron infusion you are given, your phosphate levels may be tested.

References
1. Achebe M, Delougouby TG. Clinical data for intravenous iron—debunking the hype around hypersensitivity. Transfusion. 2020;60(6):1154-1159.

“Yellow Light” Symptoms
- Back pain
- Hives
- Rash
- Itching
- Swelling
- Diarrhea
- Very low energy
- Dizziness
- Nausea
- Chest pain
- Vomiting
- Lightheadedness

“Red Light” Symptoms
- Difficulty breathing
- Shortness of breath
- Wheezing

CALL 911 OR SEEK IMMEDIATE MEDICAL ATTENTION
**What is iron deficiency anemia (IDA) and how common is it?**
- Low levels of iron in the body (iron deficiency) and low levels of red blood cells (anemia)
- IDA occurs in about 30% of people in the world

**What are the causes of IDA?**
- **Increased iron needs** for specific populations, including pregnant women
- **Low amounts of iron in the diet**
- **Decreased ability of the intestine to take in iron** caused by certain medications, stomach surgeries, digestive conditions, and infections
- **Blood loss** caused by certain medications (i.e., blood thinners, ibuprofen, or high-dose aspirin), medical conditions (i.e., kidney problems, heavy menstrual bleeding, or ulcers), or surgery
- **Chronic conditions**, including intestinal infections, kidney disease, cancer, inflammatory bowel disease, and congestive heart failure

**What are the symptoms of IDA?**
- Very low energy
- Shortness of breath
- Difficulty breathing
- Dizziness
- Lightheadedness
- Headache
- Nausea
- Stomach discomfort
- Constipation
- Weight loss
- Fast heart rate
- Chest pain
- Cold hands and feet
- Pale appearance
- Restless legs
- Cravings to chew non-food items such as ice, paper, dirt, etc

**What tests can determine if I have IDA?**

<table>
<thead>
<tr>
<th>Blood tests</th>
<th>Blood test values that may suggest IDA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hemoglobin (Hb)</td>
<td>Men</td>
</tr>
<tr>
<td>Less than 13 g/dL</td>
<td>Less than 12 g/dL</td>
</tr>
<tr>
<td>Ferritin</td>
<td>Without inflammation</td>
</tr>
<tr>
<td>Less than 30 μg/L</td>
<td>Less than 100 μg/L</td>
</tr>
<tr>
<td>Transferrin saturation (TSAT)</td>
<td></td>
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</tbody>
</table>

**Why am I being prescribed IV iron treatment?**
- Iron tablets or capsules did not work well enough or caused side effects
- I have IDA with chronic kidney disease

**How can IV iron help me?**
- Rapidly return my iron and hemoglobin levels to normal
- Improve how I feel and my quality of life

**What IV iron therapies are available to treat IDA?**
- Ferric derisomaltose
- Ferric carboxymaltose
- Ferumoxytol
- Iron sucrose
- Ferric gluconate
- Low molecular weight iron dextran

**Choosing a treatment with my doctor**
- What do you consider the best treatment for my IDA and why?

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**Navigating Iron Deficiency Anemia: My IV Iron Treatment Guide**

**My IDA Treatment Action Plan**

- **The IV iron treatment** my doctor and I have decided is best for me is:
  - Ferric derisomaltose *(Monoferic)*
  - Ferric carboxymaltose *(Injectafer)*
  - Ferumoxytol *(Feraheme)*
  - Iron sucrose *(Venofer)*
  - Ferric gluconate *(Ferrlecit)*
  - Low molecular weight iron dextran *(Infed)*

- Does this treatment require a test dose?
- How long will the infusion take?
- How often will I have to come for an infusion?
- What are the side effects of this treatment?
- How often will I need to have blood work/lab tests done and when can I expect to see improved values?
- When should I see improvements in my symptoms?
- How much will this treatment cost?
- What financial resources are available?
- What patient/caregiver support is available?

**My Care Team:**

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**Contact Information for My Care Team**
(e-mail; phone number; portal):

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