







Oral Preparations for Treatment of Iron Deficiency Anaemia (IDA) in Australia

NAME (Manufacturer)	TABLET (Actual size)	FORMULATION	ELEMENTAL IRON CONTENT	OTHER ACTIVE INGREDIENTS	*RELATIVE COST (2010 MIMS/PBS)
FERRO-GRADUMET (Abbott)		325 mg Ferrous Sulphate Controlled release tablets	105 mg	nil	\$6.56 30 tablets
FERROGRAD C (Abbott)		325 mg Ferrous Sulphate Controlled release tablets	105 mg	Vitamin C 562 mg	\$8.16 30 tablets
FGF (Abbott)		250 mg Ferrous Sulphate Controlled release tablets	80 mg	Folic acid 300 mcg	\$3.92 30 tablets
FEFOL Iron & Folate Supplement (Pharm-a-care)		270 mg Ferrous Sulphate Controlled release capsules	87 mg	Folic acid 300 mcg	\$9.95 30 tablets
Ferro-<i>f</i>-tab (AFT pharmaceuticals)		310 mg Ferrous Fumarate Non-controlled release tablet	100 mg	Folic acid 350 mcg	\$12.79 <u>60</u> tablets PBS listed
FERRO-LIQUID (AFT pharmaceuticals)		250 mL bottle Ferrous Sulphate Oral liquid	30 mg / 5 mL	nil	\$19.35 250ml bottle PBS listed

Usual ADULT dose for IDA is around 100-200 mg elemental iron daily in divided doses[#] (1-2 tablets per day of above preparations, taken 1 hr before or 2 hrs after food). GI upset may be reduced by taking the tablet with food or at night & increasing the dose gradually. When a rapid increase in Hb is not required, intermittent dosing (1 tablet 2-3 times per week) or lower daily doses of iron (eg 30mg of elemental iron given as syrup, increasing to bd or tds as tolerated) may reduce GI upset. Multivitamin-mineral supplements should not be used to treat IDA as iron content is low & absorption may be reduced. [#]Australian Medicines Handbook

