



Iron Infusion Referral Guide & Fact Sheet

Iron Infusion Referral Guide

Thank you for referring your patient to The Butterfly Clinic for an iron infusion. To assist in streamlining the process for yourself and the patient, we can offer the iron infusion procedure without a pre-infusion consultation appointment provided the referring doctor and clinic has taken the following steps:

- Provide counselling to the patient regarding the procedure, risks and fees.
Please see the "Iron infusion fact sheet" available on our website.
- Provide a patient health summary including allergies
- Provide recent pathology results within the last 6 months showing ferritin <30
- Confirm that an iron infusion is appropriately indicated for patient
e.g. iron deficiency with a history of intolerance or lack of efficacy with oral iron
ongoing iron (blood) losses e.g. heavy menstrual bleeding
malabsorption condition
chronic inflammatory condition
other condition that warrants IV iron replacement
- Provide patient with a script for Ferinject (iron carboxymaltose)

Alternatively, our doctors will be happy to discuss all of the above in a pre-infusion consultation should you or your patient prefer this.

Please do not hesitate to get in touch if you have any queries.



Iron Infusion Fact Sheet

What is Iron Deficiency?

Iron deficiency is a condition in which the body does not have enough iron. When there is not enough iron in the body, the red blood cells become smaller and less able to carry oxygen, which can lead to various symptoms, including:

- Fatigue or lack of energy
- Light-headedness or dizziness, especially when standing from sitting
- Poor concentration
- Headaches
- Pale skin
- Brittle nails
- Cold hands and feet
- Restless legs syndrome
- Shortness of breath
- Rapid heartbeat
- Chest pain

What are the Causes of Iron Deficiency?

Iron deficiency can be caused by:

- Not eating enough iron-rich food
- Large blood loss, such as from menstruation or childbirth
- Poor absorption of iron which can be caused by certain medical conditions or medications
- Increased iron demand, such as during pregnancy or growth spurts



What is an Iron Infusion?

An iron infusion involves placing an intravenous drip (also called a cannula) into a vein in your arm which is used to deliver the iron directly into your blood stream. The iron is diluted in normal saline (sterile saltwater solution) to improve the tolerability of the infusion.

The iron solution usually used is a product called Ferinject (Iron carboxymaltose).

The typical dose is 1000mg of iron carboxymaltose per infusion.

The infusion usually takes 15-30 minutes. After the infusion you will need to remain in our clinic for a further 30 minutes to allow us to observe for any serious adverse effects.

How much does an Iron Infusion cost??

At The Butterfly Clinic, our current fee for an iron infusion is \$230 with a Medicare rebate of \$79.90. This means your out-of-pocket cost is \$150.10

You will also be given a prescription from your doctor to purchase the iron solution from the pharmacy. This typically costs \$30-50 but the price will vary by pharmacy.

What are the Side Effects of an Iron Infusion?

Side effects and severe reactions are not common. If they do occur, they are usually mild and self-limiting. You will be accompanied by a nurse throughout the infusion so if you experience any side effects you can inform them immediately.

Common side effects include:

During the procedure

- Mild irritation or redness at the site of the cannula/drip
- Feeling flushed



After the procedure

- Flu-like symptoms including muscle ache, fatigue, headache, dizziness, fever
- Nausea
- Infusion site reactions (discomfort, redness, skin irritation)
- Mild irritation or redness at the site of the cannula/drip
- Feeling flushed

Uncommon and rare side effects include:

During the procedure

- Allergic reaction or anaphylactic reaction (This is rare but serious. Your doctor and nurse are trained to deal with medical emergency)

After the procedure

- Permanent skin staining from the iron solution due to leakage of the solution into surrounding soft tissues. With an appropriately placed cannula, this is extremely uncommon
- Hypersensitivity reaction (Redness, itching, hives, rash)
- Hypophosphatemia (low phosphate levels) which can cause muscle pain or spasms
- Increased heart rate
- Low blood pressure
- Taste disturbance / metallic taste
- Vomiting
- Numbness
- Abdominal pain, dyspepsia, diarrhoea, constipation, flatulence
- Swelling of the ankles or peripheries

What do I need to do to prepare for an Iron Infusion?

- No specific preparation is required
- You do not have to fast so please have your usual breakfast/lunch
- Take all your regular medications



- Aim to drink plenty of fluids and be well-hydrated to enable your doctor to place your drip easier

What do I need to do to after an Iron Infusion?

- There is no specific care required after an iron infusion
- There are no driving restrictions following an iron infusion, you can drive home
- Your doctor will likely arrange for you to have another blood test after 3 months to review your iron studies
- Should you experience any side effects that are concerning to you, please contact the clinic or Call 13HEALTH for advice
- If you experience difficulty breathing, chest pain or swelling of your face/neck, call the ambulance