



Iron infusion patient information guide

This iron infusion guide contains important information about your upcoming treatment, including preparation instructions, infusion duration, and what to expect before, during and after your appointment at Moonee Valley Specialist Centre in Essendon.



Moonee Valley
SPECIALIST CENTRE
Gastroenterological and Related Care



What is an iron infusion?

Iron infusion is a medical procedure used to treat low iron levels. Iron is slowly delivered into a vein through an intravenous drip to increase your iron stores.

This helps your body produce haemoglobin and red blood cells, especially when oral iron tablets are not suitable or have not been effective.

Quick facts

Duration	Approximately 30–60 minutes
Anaesthesia	Not required
Fasting	Not required
Recovery	Most patients return to normal activities shortly after treatment
Results	Improvement in iron levels may occur over several days to weeks

Important things to remember

- Eat normally and drink plenty of water before your appointment.
- Continue taking your regular medications unless your healthcare provider advises otherwise.
- Bring your referral letter and recent blood test results to your appointment.
- Wear loose, comfortable clothing with easy access to your arms.
- Let us know before your appointment if you are pregnant, unwell, or have a history of allergies or reactions to iron infusions.

Preparation steps

- **Before your appointment**

A GP referral and blood test are required before proceeding with treatment. Your blood test results will be reviewed to confirm iron deficiency and determine the appropriate dosage.

- If you do not yet have a referral or recent blood test results, our clinic may assist with arranging pathology testing before treatment.

- **Day before – Morning**

Continue normal meals, hydration, and medications unless your healthcare provider has advised otherwise.

- **Day before – Evening**

Ensure you remain well hydrated before your infusion and avoid excessive alcohol intake.

- **Day of procedure**

Eat normally before your appointment, drink water throughout the day, and wear comfortable clothing suitable for intravenous treatment.

What to expect

On arrival, our team will confirm your details and guide you through the treatment process before your infusion begins.

Iron is delivered into your bloodstream through an intravenous drip inserted into a vein in your arm. The amount of iron administered is carefully calculated based on your iron levels and treatment requirements.

Delivering iron directly into the bloodstream bypasses digestion and allows efficient absorption, helping replenish iron stores more quickly than oral supplements in some patients.

You will be monitored throughout the infusion to support your comfort and safety during treatment.

During the iron infusion

- The iron infusion is administered while you remain awake and comfortable.
- A small cannula is inserted into your vein, which may feel like a slight pinch during placement.
- Some patients notice a heavy arm sensation, metallic taste, or mild temporary side effects during treatment.
- Most patients tolerate the procedure well, and appointments are usually completed within 30–60 minutes.

After the infusion

Most patients can return to normal daily activities shortly after treatment, unless their healthcare provider advises otherwise.

Some patients may experience mild side effects for 1 to 2 days after treatment, including headache, nausea, fatigue, muscle aches, or flu-like symptoms. These effects are usually temporary and resolve quickly.

Follow-up may include repeat blood tests to assess iron levels and determine whether additional treatment is required.

Risks and safety of iron infusions

- Iron infusions are generally safe when delivered by qualified healthcare professionals in a controlled clinical setting. However, as with any intravenous treatment, there are some potential risks and side effects to consider.
- Most patients tolerate iron infusions well, though some may experience mild temporary side effects such as headache, nausea, metallic taste, dizziness, muscle aches, bruising at the injection site, or flu-like symptoms following treatment. Rarely, allergic or infusion-related reactions may occur.
- Before treatment, your healthcare provider will review your medical history, blood test results, medications, and any previous reactions to iron therapy to ensure the infusion is appropriate and safe for you.
- All infusions are administered using sterile techniques and monitored by trained healthcare professionals, with a strong focus on patient safety, comfort, and personalised care.

Continue taking your usual medications unless your healthcare provider specifically instructs otherwise. Please inform our team about all medications, supplements, allergies, and previous reactions to iron infusions before treatment. If you experience pain, swelling, burning, or skin discolouration around the injection site during the infusion, notify a staff member immediately.



Need to reschedule or have questions?

 **Phone:** 1300 938 148

 **Email:** reception@mvscentre.com.au

 **Address:** 1003 Mt Alexander Road,
Essendon VIC 3040



Scan to manage
your booking

