



Iron Infusion (Monofer)

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Version 1

About this leaflet

The purpose of this booklet is to tell you about Monofer and how it can help with your iron deficiency. Please read this leaflet carefully and discuss any questions you may have with your doctor, nurse, or pharmacist.

What is Monofer?

Monofer (also known as ferric derisomaltose) is an iron preparation that we can give to you as an infusion (a drip into your arm) to help with your iron deficiency.

Why am I being treated with this medicine?

You have been found to have low levels of iron in your body. This is called iron deficiency or iron deficiency anaemia. Iron is an essential nutrient that your body needs to make red blood cells, which carry oxygen around your body. Low levels of iron can cause tiredness, low energy levels, low mood and breathlessness.

Most patients can treat iron deficiency by taking iron tablets or liquid, however, some patients require iron to be given via an infusion directly into their body through a vein. You may require an iron infusion if you:

- Are unable to take iron tablets or liquid
- Are not responding to iron tablets or liquid or not absorbing them
- Have chronic heart failure
- Awaiting urgent cardiac surgery and your medical team had deemed that an iron infusion is more suitable

Do I still need to take iron tablets/liquid?

If you are taking iron tablets or liquid these are often stopped prior to your receiving the infusion.

Most patients do not require further treatment with iron tablets or liquid following an infusion, however, your medical team will advise you on whether you require continuing iron tablets/liquid following the infusion.

What does the iron infusion involve?

The treatment takes place in hospital. Prior to receiving the infusion, a nurse will take your blood pressure, heart rate and temperature and then insert a small plastic tube (a cannula) into your arm. The infusion will be given via the cannula slowly over 30 minutes. The nurse will monitor you closely during the infusion and for 30 minutes after the infusion.

You may feel a slight sting when the cannula is inserted. You should not feel any pain during the iron infusion. If you do feel any pain, please let nursing staff know immediately.

How often will I need an iron infusion?

Most patients will only require 1 infusion. Occasionally, 2 infusions are needed to fully top up your iron levels. These will be given at least 1 week apart.

Depending on how long you are in hospital for, the second infusion may be given at your local hospital. If this is required, you will be notified of an appointment prior to being discharged.

What side effects might I experience on Monofer?

Like all medicines, Monofer can have side effects. These are often mild and settle on their own.

The most common side effects include:

- Headache
- Feeling sick or vomiting
- Muscle or joint pain
- Temporary changes in taste (e.g. metallic)
- Temporary changes to blood pressure or pulse

Rarely, you may experience a serious allergic reaction. If this happens you may experience some or all the following symptoms:

- Feeling dizzy
- Fast pulse
- Feeling lightheaded or faint due to a low blood pressure
- Swelling in your face, lips, tongue, throat or body
- Difficulty in breathing
- Chest pain
- Itchy skin, a rash or skin redness

Skin staining (brown discolouration) may occur due to leakage of iron into the tissues around the cannula site. This is not common, but the stain can be long-lasting or permanent.

You should tell your nurse or doctor immediately if you:

- Feel unwell before, during or after the treatment
- Experience any discomfort, burning, redness or swelling at the cannula site.

Sometimes, side effects can start 1-2 days after the infusion. These will generally settle down without treatment over the next few days. If you are worried, or the side effects are interfering with your daily activities, please contact your GP for advice.

If you have chest pain, difficulty breathing, dizziness or neck or mouth swelling, please contact your doctor/NHS 24 or attend accident and emergency (A&E).

Further advice and information

If at any point of the infusion you feel unwell, please speak to your nurse or doctor. If following the infusion you are worried about any listed side effects or if these side effects are interfering with your daily activities, please speak to your medical team on the ward or your general practitioner (GP) (if you have been discharged) for advice.

If you have chest pain, difficulty breathing, dizziness or neck or mouth swelling, please contact your GP/NHS 24 or attend accident and emergency (A&E).

If you require further information about Monofer please speak to your doctor or pharmacist.

Notes

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