

**Regional Pre-Printed Orders for
PARENTERAL IRON
Inpatient and Outpatient – Adult**

Oral iron trials

- Aim for 200 mg elemental iron per day and 3 month trial.
 - Consider reassessment of oral iron trial in 4 to 6 weeks rather than 3 months in pregnancy.
- If nausea occurs on daily dosing: reduce dose, trial alternate day dosing or give with food.
- Examples of adequate oral iron trials:
 - 100 to 200 mg elemental iron on an empty stomach for 3 months.
 - 100 to 200 mg elemental iron PO QHS every Monday, Wednesday and Friday for 3 months.

Iron isomaltoside dosing

- Doses estimated utilizing Ganzoni formula assuming:
 - actual body weight is equal to dosing body weight.
 - target Hgb 150 g/L (convert Hgb from g/L to g/dL by dividing lab reported value by 10).
 - iron stores repletion 500 mg.
- Ganzoni formula:

$$\text{Iron requirement (mg)} = \text{Dosing weight (kg)} \times (15 \text{ g/dL} - \text{lab reported Hgb g/dL}) \times 2.4 + 500 \text{ mg}$$
- Maximum recommended single dose is 1000 mg (manufacturer allows single doses up to 20 mg/kg or 1500 mg but these are not as well studied - use caution)

wt in kg	Hgb 100 to 109 g/L	Hgb 90 to 99 g/L	Hgb 80 to 89 g/L	Hgb 70 to 79 g/L	Hgb 69 g/L or less
less than 50	500 mg IV Q 7 days x 2 doses			500 mg IV Q 7 days x 3 doses	
50 to 54					
55 to 59	1000 mg IV x 1 dose				
60 to 64			1000 mg IV x 1 dose then		
65 to 69			500 mg IV in 7 days		
70 to 74					
75 to 79					
80 to 84				1000 mg IV Q 7 days x 2 doses	
85 and over					

Frequency of iron infusions:

- iron sucrose: may repeat as required up to a maximum cumulative dose of 1000 mg over a 14 day period (the maximum cumulative dose should be spread out over the 14 day period; repeat dosing on consecutive days is not recommended).
- iron isomaltoside: separate doses by a minimum of 7 days.

Monitoring response to iron infusions

- Monitor patient's symptoms, Hgb and ferritin one month or later after infusions. Full Hgb response is evident 2 months after final infusion of the prescribed cumulative dose.

Sample Form - for Educational Purposes Only