



CORNERSTONE MEDICAL CLINIC

402 South 12th Avenue Yakima, Washington 98902
Phone (509) 248-3263

Patient Guide to Iron Therapy

If your physician has advised taking an iron supplement to treat iron deficiency anemia, there are considerations of which you need to be aware.

- The absorption of Vitamin E, antacids, Tagamet (cimetidine), tetracycline, penicillin, or l-thyroxine are inhibited by iron therapy. Take these medication either two hours before or after taking the iron tablet.
- Yogurt, cheese, eggs, milk, whole grain breads, cereals, tea and coffee may impair the absorption of iron. Do not eat these food at the same time of day as the iron is taken.
- Iron tablets can blacken the stools.
- Take iron tablets with juice. Juices high in Vitamin C increase the absorption of iron.
- Report to your physician if you experience nausea, stomach pain, vomiting, constipation, or diarrhea while taking iron supplement.