



QUESTIONS QUESTIONS & ANSWERS ANSWERS

Anemia Management Instructions

It is the job of healthy red blood cells to carry oxygen to every cell in the body. Oxygen is an important chemical in the body. We can live only a few minutes without it.

Not having enough iron can cause anemia (ah-nee-mee-ah). Anemia means you have fewer red blood cells than normal. This makes it hard for your blood to carry enough oxygen to all your cells.

Our goal at Saint Vincent Charity Hospital is to build up the amount of iron in your blood. If you have enough healthy red blood cells you should not need a blood transfusion after your joint replacement surgery. We take steps to make sure your iron levels are within a normal range before surgery by:

- doing a blood test
- giving you a shot of Procrit (if needed) to increase the number of red blood cells
- giving you iron by IV (a needle in your arm attached to a tube) if needed

Before surgery, your doctor wants you to take:

1. An iron pill such as Ferrous Sulfate 325 mg or Ferrous Gluconate 325 mg

Take one tablet in the morning and one tablet in the evening. You can buy this off the shelf at any drug store. If you have trouble finding it, ask your druggist to help you.

Dr. Mackel's patients to take only one tablet daily.

- Take with food but **do not take** with milk, milk products, chocolate or caffeine such as coffee (won't work as well).
 - Swallow the pill whole with a full glass of water.
 - Some side effects may include:
 - constipation (difficulty having a BM)
 - upset stomach
 - black or dark stools (BMs)
 - teeth are stained for a short time
2. Vitamin C 500 mg. Vitamin C helps your body take in iron.
Take one pill once a day in the morning.
You can buy this off the shelf in the drug store.
3. Folic acid 800 mcg. (0.8mg) Folic acid helps the body make new red blood cells.
Take one pill once a day in the morning.
You can buy this off the shelf in the drug store.

If you have any questions about anything on this sheet call us at 216-363-2585

Our hours are Monday to Friday
8:00 a.m. to 4:30 p.m.

The Outpatient Oncology/Infusion Center St. Vincent Charity Hospital

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ST. VINCENT CHARITY
MEDICAL CENTER

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