

Ferrous Sulphate oral solution (Ferodan)

Why is ferrous sulphate prescribed?

Ferrous sulphate is a form of iron. Iron is needed for normal brain development and for the body to produce red blood cells. Babies born prematurely have lower stores of iron than term infants as the major storage of iron occurs during the last trimester of pregnancy. Studies have shown that children born prematurely are low in iron stores up to one year of age.

How often is it given and for how long?

After discharge from hospital ferrous sulphate is given at 3mg/kg/per day; (0.5mls per kg per day) of oral liquid. Ferrous sulphate is usually divided into two doses, given morning and evening. The dose will need to be increased as baby's weight increases – this will be done by your baby's health practitioner.

Ideally have your prescription made up at your local pharmacy before baby is discharged from hospital. This simplifies on-going repeats of the prescription and ensures no doses are missed once baby is home. Ferrous sulphate should be continued until baby's first birthday.

Is it to be given before, during or after food?

For maximum absorption ferrous sulphate should be given on an empty stomach. It should be drawn up with a special dropper or syringe for measuring the dose and placed directly in the mouth before the feed. It may be mixed with water (not with milk).

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What if I forget to give a dose?

Give the missed dose as soon as you remember it. However, if it is almost time for the next dose, skip the missed dose and give the next dose when you were meant too. Do not give a double dose to make up for a missed one.

What side effects could occur?

Ferrous sulphate will cause the stools to turn dark, this effect is harmless. It can also cause constipation. Let your doctor know if this appears to be a problem.

How should I store this medication?

Keep this medication in the container it came in, tightly closed, and out of reach of children. Store it at room temperature and away from the excess heat and moisture (not in the bathroom). Throw away any medication that has passed the expiry date or is no longer needed.

IMPORTANT WARNING: Accidental overdose of products containing iron can be fatal in children under 6 years old. Keep this product out of reach of children. If you think you have given too much, or if anyone else has taken ferrous sulphate by mistake, contact your doctor immediately or phone the National Poisons Information Centre (0800 POISON or 0800 7640766) or go to the emergency department at your nearest hospital. Do this even if there are no signs of discomfort or poisoning. Immediate medical attention may be needed. Take the bottle of ferrous sulphate with you if you can.

Vitamin D oral solution (Puria)

Why are Vitamin D drops prescribed?

Vitamin D is essential for the development of normal bone and tooth structure. Premature babies go through periods of rapid bone growth at a time when they have no natural stores of Vitamin D. To prevent them from developing weak bones (rickets) it is essential to supplement Vitamin D in their nutrition.

How often is it given and for how long?

Babies are discharged from hospital on Puria, one dose per day, and remain at this dose until baby's first birthday.

Is it to be given before, during or after food?

The bottle contains an in-built dropper that dispenses a single drop when the bottle is tipped up on a 45° angle. Do not shake bottle. Allow a few seconds for the drop to form, as it may not come out immediately.

Can be given: Added to an enteral or bottle feed.
Put a drop on a clean finger and then into baby's mouth.
As a drop directly onto baby's tongue or into mouth.

How should I store this medication?

Store at room temperature (before and after opening). Use within 3 months of opening.

If you have any further questions regarding these medications, please ask your pharmacist.



Iron and Vitamin D

After discharge from hospital.

Information for parents

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