

PRIVATE HOSPITALS



TREATING IRON DEFICIENCY PRIOR TO SURGERY

ENSURING PATIENTS ARE IN THE BEST PHYSICAL CONDITION FOR SURGERY

BMI Healthcare believe that it is essential that all patients are in the best condition for surgery and this includes

- Education
- Pre-operative exercises
- Carbohydrate Loading
- Management of Iron deficient anaemia
- Eradication of MRSA

Some or all of these may be relevant to you and your surgery.



MANAGEMENT OF IRON DEFICIENT ANAEMIA IN SURGERY

Anaemia means lack of blood and can be common in patients requiring certain types of surgery sometimes related to underlying disease and treatments. It is related with increase blood transfusion requirement, delayed wound healing and prolonged recovery. Preoperative diagnosis and increased treatment of anaemia can significantly influence surgical outcomes.

WHY DO I NEED EXTRA IRON?

The blood test that has been completed during your pre-admission appointment has indicated that the iron in your blood stream is low and this has made you anaemic. In order to ensure that you are fit for surgery this requires to be treated and we will do this by correcting your iron levels. Iron is an essential nutrient for helping to make red blood cells, which carry oxygen around the body.

WHAT HAPPENS WHEN I RECEIVE MY EXTRA IRON?

Iron is administered through a small tube into one of your veins (intravenously). The infusion will take a couple of hours. Before the infusion you will have your temperature, pulse, oxygen saturation, and blood pressure recorded and during the infusion your pulse, oxygen saturation, and blood pressure will continue to be recorded.

WHAT ARE THE SIDE EFFECTS?

The medicine that we will use has very few side-effects but these may occasionally occur. These may include a metallic taste in the mouth, fever and shivering, injection site reactions and feeling sick. Very rarely this may give rise to a serious allergic reaction particularly in patients who have had previous allergic problems. You must let us know if that is the case. Please advise the nurse immediately if you have any of these symptoms, shortness of breath, nettle rash or hives, flushing, rashes, itching or nausea and shivering or dizziness.

ARE THERE ANY ALTERNATIVES TO INTRAVENOUS IRON THERAPY?

If you do not want to have an iron injection you can take iron tablets. These may not be as effective and are frequently associated with stomach upset. They may not help to correct your anaemia as efficiently as injections of iron and will take longer to have an effect.

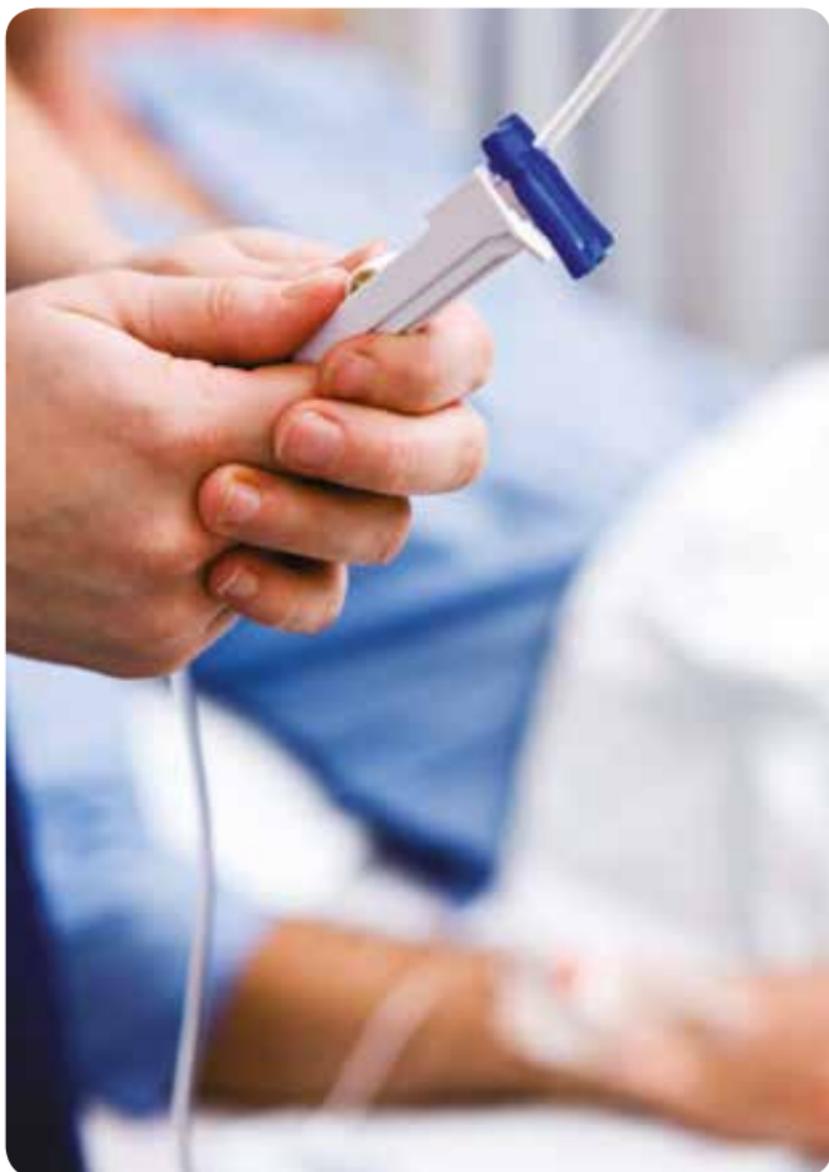
BEFORE YOU RECEIVE YOUR IRON INJECTIONS

Please inform your doctor or nurse if you are unwell with an infection or if you have asthma, eczema or problems with allergies or inflammation. **If you are taking other medicines – particularly oral iron tablets – you MUST abstain from taking your oral iron supplements for 24 hours before the intravenous iron therapy and 5 days after the infusion.** Please tell your doctor or nurse if you are taking or have recently taken any other medicines. This includes medicines obtained without a prescription and herbal medicines. This is because intravenous iron can affect the way some medicines work. Also some other medicines can affect the way iron injections work.

WHAT WILL HAPPEN AFTER I FINISH MY IRON INJECTION?

There are no restrictions on what you can do afterwards so you can continue with your normal activities, providing your nurse has not told you otherwise. We also need to check that your body has absorbed the iron. We will do this by taking a blood test about two weeks after this appointment.

Please do not take any tablets or capsules that contain iron for 5 days immediately after this treatment.



FURTHER INFORMATION

Please note that this admission is for intravenous iron only, you can eat and drink and take your medication as normal on the day of the procedure. If you would like further information about intravenous iron or why you need it please contact the Pre-admission team at your BMI hospital.

For more information

Contact Pre-admission Medical Team
Call 0808 101 0341

YOUR LOCAL BMI HEALTHCARE HOSPITAL