

Navigating Iron Deficiency Anemia: My IV Iron Treatment Guide

What should I expect when being treated with IV iron?



1 Before receiving IV iron infusion¹:

- I will discuss my treatment with my healthcare provider
- I may receive an antihistamine or steroid to protect against infusion-related reactions



Although premedication is not required, your healthcare provider may deem it necessary based on your medical history¹

2 During IV iron infusion²⁻⁷:

- I may receive a test dose for 15 minutes and be monitored for up to an hour before receiving the full dose (only for certain treatments)
- I will receive an IV iron infusion lasting 15 minutes to 1.5 hours or longer (depending on the specific medication)
- My nurse will check-in with me during my infusion to ensure my safety
- I may experience an infusion-related reaction, although uncommon



Alert a member of the care team if you experience any symptoms listed below

3 After IV iron infusion²⁻⁷:

- I will be monitored by my nurse on-site for at least 30 minutes for the below symptoms



"Yellow Light" Symptoms

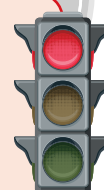
- Back pain
- Itching
- Fatigue
- Chest pain
- Hives
- Swelling
- Dizziness
- Vomiting
- Rash
- Diarrhea
- Nausea
- Lightheadedness

CONTACT YOUR HEALTHCARE PROVIDER

"Red Light" Symptoms

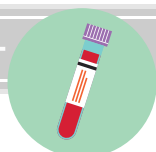
- Difficulty breathing
- Shortness of breath
- Wheezing

CALL 911 OR SEEK IMMEDIATE MEDICAL ATTENTION



4 Following my IV iron infusion²⁻⁷:

- I will continue to monitor for any new or recurring symptoms
- I will have my blood drawn for lab tests to see how I am responding to treatment
- I may have frequent visits with my healthcare provider to discuss lab results, my current symptoms, and any side effects of my treatment



Lab tests are generally done every 1 to 2 months²⁻⁷

- Depending on your iron and hemoglobin levels, you may be given additional IV iron infusions
- If your iron and hemoglobin levels return to normal but go down again, IV iron infusion may be repeated
- Depending on the IV iron infusion you are given, your phosphate levels may be tested

References

1. Achebe M, DeLoughery TG. Clinical data for intravenous iron—debunking the hype around hypersensitivity. *Transfusion*. 2020;60(6):1154-1159. 2. Monoferric (ferric derisomaltose) prescribing information. Pharmacosmos Therapeutics, Inc. January 2020. 3. Injectafer (ferric carboxymaltose) prescribing information. American Regent, Inc. April 2021. 4. Feraheme (ferumoxytol) prescribing information. AMAG Pharmaceuticals, Inc. February 2018. 5. Venofer (iron sucrose) prescribing information. Vifor (International) Inc. October 2020. 6. Ferrlecit (ferric gluconate) prescribing information. Sanofi-Aventis US, LLC. March 2022. 7. InFed (iron dextran) prescribing information. Allergan USA. September 2021. 8. Iron Deficiency Anemia. In: Barnard NDN, ed. *Nutrition Guide for Clinicians*. Physicians Committee for Responsible

Medicine; 2020. https://nutritionguide.pcrm.org/nutritionguide/view/Nutrition_Guide_for_Clinicians/1342090/all/Iron_Deficiency_Anemia. Accessed July 22, 2022. 9. Kumar A, Sharma E, Marley A, Samaan MA, Brookes MJ. Iron deficiency anaemia: pathophysiology, assessment, practical management. *BMJ Open Gastroenterol*. 2022;9:e000759. 10. Anemia—Iron-Deficiency Anemia. NHLBI, NIH. Updated March 24, 2022. www.nhlbi.nih.gov/health/anemia/iron-deficiency-anemia#:~:text=Undiagnosed%20or%20untreated%20iron%20deficiency,their%20treatments%20to%20work%20poorly. Accessed July 22, 2022. 11. IV Iron Products. Iron Corner. Society for the Advancement of Blood Management, Inc. 2020. <https://sabm.org/wp-content/uploads/2011-IV-Iron-Products.pdf>. Accessed July 22, 2022.

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What is iron deficiency anemia (IDA) and how common is it?^{8,9}

- Low levels of iron in the body (iron deficiency) and low levels of red blood cells (anemia)
- IDA occurs in about 30% of people in the world

What are the causes of IDA?^{9,10}

- **Increased iron needs** for specific populations, including pregnant women
- **Low amounts of iron in the diet**
- **Decreased ability of the intestine to take in iron** caused by certain medications, stomach surgeries, digestive conditions, and infections
- **Blood loss** caused by certain medications (ie, blood thinners, ibuprofen, or high-dose aspirin), medical conditions (ie, kidney problems, heavy menstrual bleeding, or ulcers), or surgery
- **Chronic conditions**, including intestinal infections, kidney disease, cancer, inflammatory bowel disease, and congestive heart failure



What can I do to increase my iron intake?^{9,10}

- Talk to my healthcare provider about taking vitamin A and/or C supplements to increase iron absorption
- Consume foods high in iron:
 - Fruits and green leafy vegetables
 - Beans and peas
 - Tofu
 - Lean meats and fish
 - Enriched whole grains and cereals

What are the symptoms of IDA?^{9,10}

- Fatigue
- Shortness of breath
- Difficulty breathing
- Dizziness
- Lightheadedness
- Headache
- Nausea
- Stomach discomfort
- Constipation
- Weight loss
- Fast heart rate
- Chest pain
- Cold hands and feet
- Pale appearance
- Restless legs
- Cravings to chew non-food items such as ice, paper, dirt, etc

What tests can determine if I have IDA?^{8,9}

Blood tests	Blood test values that may suggest IDA	
Hemoglobin (Hb)	Men	Women
	Less than 13 g/dL	Less than 12 g/dL
Transferrin saturation (TSAT)	Less than 20%	
Ferritin	Without inflammation	With inflammation*
	Less than 30 µg/L	Less than 100 µg/L

*Certain inflammatory health conditions impact iron stores, increasing ferritin levels. In patients with these conditions, ferritin less than 100 µg/L often indicates IDA.

Why am I being prescribed IV iron treatment?^{9,11}

- I have IDA and iron tablets or capsules did not work well enough or caused side effects
- I have IDA with chronic kidney disease

How can IV iron help me?⁹

- Replenish my iron stores when iron tablets or capsules were either not effective or not tolerated
- Improve my IDA symptom of fatigue

What IV iron therapies are available to treat IDA?^{1-7,11}

- Ferric derisomaltose
- Ferric carboxymaltose
- Ferumoxytol
- Iron sucrose
- Ferric gluconate
- Low molecular weight iron dextran

Choosing a treatment with my doctor

- What do you consider the **best treatment** for my IDA and **why?**

My IDA Treatment Action Plan

- The **IV iron treatment** my doctor and I have decided is best for me is:
 - Ferric derisomaltose (*Monoferric*)
 - Ferric carboxymaltose (*Injectafer*)
 - Ferumoxytol (*Feraheme*)
 - Iron sucrose (*Venofer*)
 - Ferric gluconate (*Ferrlecit*)
 - Low molecular weight iron dextran (*Infed*)
- Does this treatment require a **test dose**?
- How **long** will the **infusion** take?
- How **often** will I **have to come** for an infusion?
- What are the **side effects** of this treatment?
- How **often** will I need to have **blood work/lab tests** done and when can I expect to see improved values?
- When should I see **improvements** in my **symptoms**?
- How much will this treatment **cost**?
- What **financial resources** are available?
- What **patient/caregiver support** is available?

My Care Team:

Contact Information for My Care Team (e-mail; phone number; portal):

Contributing Advisors

Gianna L. Granroth, PA-C, MS, ACLS
Physician Assistant
Clinical Coordinator
Mayo Clinic
Phoenix, AZ

Nicole Messier, RN, BSN, OCN, ONN-CG
Upper Gastrointestinal Clinical Program
Coordinator/Nurse Navigator
University of Vermont Medical Center
Burlington, VT

Navigating Iron Deficiency Anemia: My IV Iron Treatment Guide

A Resource for Your Patients with IDA

The **Navigating Iron Deficiency Anemia: My IV Iron Treatment Guide** patient resource aims to empower patients and/or caregivers to actively engage in the discussion of iron deficiency anemia (IDA) and the intravenous (IV) iron treatment decision-making process. Ensuring patients are educated on IDA and actively involved in the decision-making process allows for rapport-building and receptivity to IV iron treatment. These factors impact patient experience, health literacy, and safety, in addition to treatment compliance. Arming patients with knowledge and treatment discussion topics further promotes shared decision-making.

How to Use This Resource

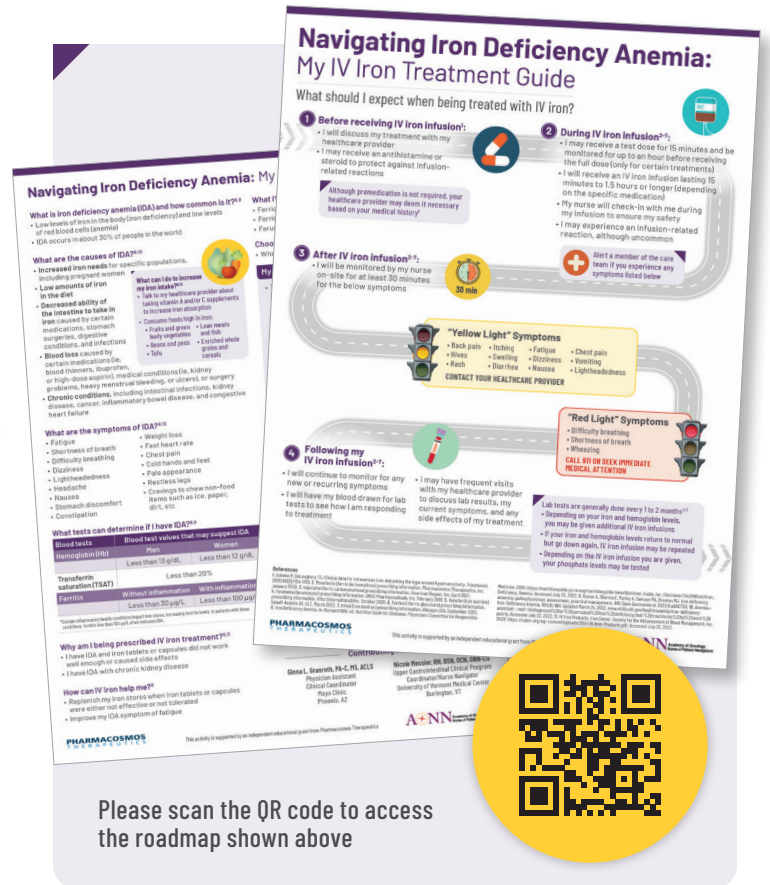
This patient engagement tool is intended to be used by:

- 1) Navigators, nurses, and other members of the healthcare team as a discussion starter with patients to educate on IV iron therapy, and
- 2) Patients with IDA as a reference guide throughout their IV iron treatment journey.

The **front page** is to be utilized by care staff to facilitate the expectations of iron infusion therapy—prior to, during, and following treatment. The **back page** provides patient education on IDA and suggested questions for patients and/or caregivers to ask regarding their specific IV iron treatment at the time of treatment selection with their healthcare provider.

Your Partner in Patient Education

Navigators, nurses, and healthcare team members support patients on IV iron therapy by offering key assistance along the way. This assistance may be provided through patient education, advocacy, coordination of care, and emotional support for the patients and caregivers throughout their IDA journey. Although every IDA treatment journey is unique, all patients will benefit from the holistic support and resources provided by care teams, including the **Navigating Iron Deficiency Anemia: My IV Iron Treatment Guide** resource.



Please scan the QR code to access the roadmap shown above

Contributing Advisors



Ginna L. Granroth, PA-C, MS, ACLS
Physician Assistant Clinical Coordinator
Mayo Clinic, Phoenix, AZ



Nicole Messier, RN, BSN, OCN, ONN-CG
Upper Gastrointestinal Clinical Program Coordinator/Nurse Navigator
University of Vermont Medical Center, Burlington, VT