

IV Iron Infusion

Iron Deficiency is the number one mineral deficiency in the UK

The Symptoms of Iron Deficiency

The symptoms of low iron or iron deficiency can affect your day to day life and cause long-term consequences for your health.

Iron deficiency anaemia can reduce your ability to function and affect your concentration, mood, and productivity. It's the most common nutrient deficiency in the world, 30% of the global population being deficient in iron.



What is an Iron Infusion?

An iron infusion is a procedure that slowly provides iron directly into the bloodstream intravenously (into the vein with a needle). This is advantageous because it works a lot faster than the oral route.

An iron infusion may be prescribed by a doctor if iron levels are low and other methods of treating iron have not been effective or are not tolerated due to side effects. The procedure usually lasts 30 – 45 minutes with the patient lying or sitting down during the session.

Iron Infusion Package from £699

GP Consultation | Blood test | Iron Infusion | Aftercare

Iron Infusion Only from £499

Must have blood result within last 3 months

How to find out if you are Iron Deficient

You may find that you have signs and symptoms of iron deficiency, however, a doctor will perform a blood test to look at an iron profile which will include a full blood count to check your levels. This will allow the doctor to determine if you are a good candidate for an iron infusion, and to see how deficient you are.

Who experiences Iron Deficiency?

Iron deficiency anaemia can affect anyone of any age, however there are specific groups that tend to experience iron deficiency more than others. The cause of iron deficiency can be put down to increased losses, decreased intake and increased demand.

Women

Iron deficiency is an anaemia most often found in women due to factors such as blood loss from menstruation, pregnancy and also following birth.

Children

Iron deficiency can also occur in growing children as their demands for iron may not always be met through diet.

Vegans/Vegetarians

Those whose lifestyles and dietary choices include vegetarianism and veganism may also experience iron deficiency if they are not getting enough iron in their diets.

High Performance Athletes

High performance athletes require increased demand which can lead to iron deficiency.

FAQs

What is Iron Deficiency?

Iron Infusions are used to treat Iron Deficiency. Iron deficiency anaemia is due to a lack of iron and it is the most common mineral deficiency worldwide. Iron is an essential mineral that the body needs for growth and development. A lack of iron means your body will not be able to produce enough of a substance called haemoglobin, which you need in order to carry oxygen around the body. We offer intravenous Iron Infusions so you can get your health back on track.

What are the options to treat iron deficiency anaemia?

Iron deficiency can be treated by increasing dietary intake, whether it be iron supplements or iron-rich foods. However, it doesn't suit everyone and often an iron infusion is more appropriate.

What are the benefits of iron infusion compared to other treatments?

As mentioned, there are many ways to treat iron deficiency anaemia, but how beneficial are these treatments over iron infusions? Trying to treat your iron deficiency with oral supplementation such as iron-rich foods or tablets can not only take a long time, but they can also have side effects. Iron infusions are quick and increase the iron load in the body more quickly and therefore treating the iron deficiency symptoms.

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What should I expect on the day of my Iron infusion? Should I prepare anything?

There are no real preparations you have to do in order to have an iron infusion. Just be sure to wear something you feel comfortable in and if you are easily bored, bring some entertainment along in the form of your phone or a book!

How long does an iron infusion take?

The infusion itself is between 30 – 45 minutes, however, the consultation beforehand is longer to allow time for discussion. We will also monitor you after for your safety. So in total, you should plan for around 1.5 hours for your iron infusion appointment.

Can I do an Iron infusion if I'm pregnant?

Yes, however, the manufacturer's advice is to avoid having an iron infusion in the first trimester. You can however have one in the second and third if the doctor believes the benefits outweigh the risks.

How many iron infusions will I need?

Your level of iron will be calculated depending on your deficiency and body weight. Most people only need one session, however, there are a few that need to come in for a second infusion. This is because only a certain amount of iron can be given in one go to ensure the safety of the patient.

How long will it take for me to notice the effects?

We advise that you repeat blood tests 6-8 weeks after the infusion. However, you should start to feel the benefits after two weeks of having the infusion.

How long do the benefits of an iron infusion last?

One iron infusion should usually be enough for most patients. If the doctor is satisfied with your iron levels after 6-8 weeks of the infusion, they may recommend that you then take supplements two or three times a week to maintain your iron levels. However, each case varies and some patients may need a second infusion. The doctor will be able to give you individual advice before and after your session.

