

## Iron supplement for babies with low birth weight and for premature babies

Babies that are born prematurely or have a low birth weight (under 2,500 g) will not have been able to obtain sufficient iron while in the mother's womb. Because of the rapid growth rate of very small children, there is a risk of iron deficiency occurring.

Iron deficiency means that the body's supply of iron is too low.

### Iron in the body

Iron is a mineral that is essential to life and it is found in all the cells of the body. Many of the body's functions depend on having sufficient iron. Iron is essential for proper growth and for metabolism in all the tissues of the body.

Most of the body's iron is used for transporting oxygen in the blood.

### Preventing iron deficiency

To prevent the iron in the body from running out, iron is given for a period to babies that are premature or have a low birth weight.

### Treatment period

If the baby weighs less than 1,500 g, treatment starts at 2 to 4 weeks and is concluded at the age of 12 months.

If the baby weighs more than 1,500 g, treatment starts at 6 weeks and is concluded at the age of 6 months.

### Recommended dose

Always follow the doctor's prescription.

The dose of iron drops increases as the baby grows.

Baby's weight	Recommended daily dose
Less than 750 g	1 dr per day
750 - 1,500 g	2 dr per day = 1 dr morning and evening
1,500 - 4,000 g	4 dr per day = 2 dr morning and evening
More than 4,000 g	6 dr per day = 3 dr morning and evening

## How often should iron drops be given

If the baby is fully or partly breastfeeding, iron drops are given twice a day, morning and evening.

If the baby is mainly bottle-fed with formula milk, iron drops are given only once a day.

## Niferex® oral drops

Niferex is a medicine for treating iron deficiency (low iron supply) and iron deficiency anaemia (blood deficiency), but also, as in this case, as a prophylactic to prevent iron deficiency occurring.

Niferex oral drops contain the sweeteners saccharin and sorbitol, as well as alcohol in which the orange flavouring is dissolved.

One bottle of Niferex drops contains 30 ml of iron solution. A single drop of Niferex contains 1.5 mg of iron. To obtain a drop, hold the bottle upside down and then gently tap it with a finger.

Niferex drops can be given in water or fruit juice or mixed with a little mashed fruit. The iron oxidises in the presence of oxygen and is not absorbed as well. This means it must be given as quickly as possible after obtaining the drops from the bottle.

An opened bottle can be kept for 3 months.

Iron drops can stain textiles.



## Side effects

Constipation or diarrhoea may occur. Faeces may have a dark colour. For other side effects, see [www.fass.se](http://www.fass.se)

Iron must be kept out of the reach of children. If a child swallows too much iron, seek medical help.

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