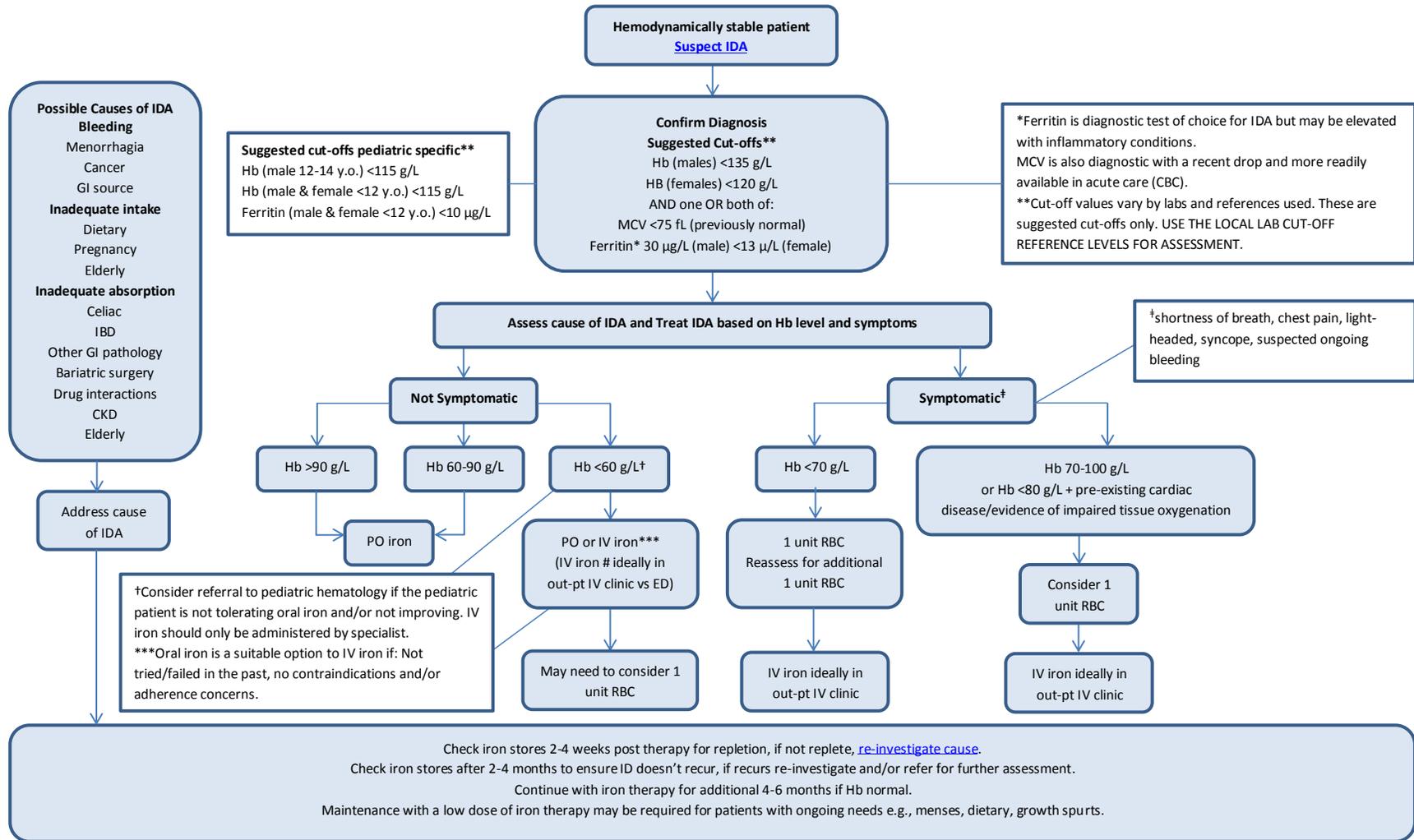




## IDA Diagnosis and Treatment Algorithm



### ***ORAL IRON PREPARATIONS AVAILABLE IN ALBERTA FOR PATIENTS ( $\geq 5$ YEARS OF AGE)***

**PEDIATRIC** Target dose 3-6 mg/kg/day elemental

**ADULT** Target dose 100-200mg elemental per day

IRON TYPE	FORMULATION (elemental iron)	USUAL MAXIMUM ADULT DOSE	COST ESTIMATE PER MONTH OF MAX DOSE (* indicates generic)	CONSIDERATIONS	
Ferrous gluconate	Tablet 300 mg (35 mg)	2 tablets 3-times daily	\$ 11.70 *	<ul style="list-style-type: none"> <li>• Least expensive</li> <li>• Similar rates of adverse effects between ferrous salts when equivalent doses of elemental iron provided</li> <li>• Avoid enteric coated or sustained-release products; tablet bypasses area of absorption, results in reduced iron intake.</li> <li>• Liquids stain teeth</li> <li>• RCT suggested that ferrous sulfate may be slightly more effective than PIC in young children.</li> <li>• RCT in healthy young women: suggests dosing of one ferrous sulfate tablet, taken every second day in morning, may increase iron absorption</li> </ul>	
Ferrous fumarate	Tablet 300 mg (100 mg)	1 tablet 2-times daily	\$ 5.80 *		
	Suspension 300 mg/5mL (20 mg/mL)	100 mg elemental (5 mL) 2-times daily	\$ 51.00		
Ferrous sulfate	Tablet 300 mg (60 mg)	1 tablet 3-times daily	\$ 6.30 *		
	Suspension 30 mg/mL (6 mg/mL)	60 mg elemental (10 mL) 3-times daily	\$ 34.20 *		
	Drops 75 mg/mL (15 mg/mL)	60 mg elemental (4 mL) 3-times daily	\$104.33 *		
Heme iron polypeptide (e.g., Proferrin®)	Tablet 11 mg (11 mg as heme iron)	1 tablet 3-times daily	\$104.97		<ul style="list-style-type: none"> <li>• Not suitable for vegetarians as made from animal products.</li> <li>• Not dosed as elemental therefore cannot use dosing range above.</li> </ul>
Polysaccharide iron complex (PIC) (e.g., Feramax®)	Capsule 150 mg (150 mg)	1 capsule once daily	\$ 33.60 *		<ul style="list-style-type: none"> <li>• Powder may be more palatable for pediatric patients.</li> <li>• Once daily dosing may improve adherence.</li> <li>• Little to no evidence that PIC is more effective than other iron salts but substantially more expensive.</li> </ul>
	Powder (15 mg per ¼ teaspoon)	60 mg elemental (1 teaspoon) 3-times daily	\$116.97		

*Note: Retail pricing is accurate as of the date this guideline was written (2017). Pricing is provided based on a quote from an Alberta retail pharmacy and reflects one example of monthly costs. Pricing for oral supplements will vary depending on the amount prescribed and the specific pharmacy where the product is purchased.*