

## IV Iron Therapy

Your doctor may recommend an IV iron infusion or injection to treat your iron deficiency. This can be administered to you at some GP clinics or your local hospital.

Ferinject is an intravenous iron replacement treatment for people who have low levels of iron. Ferinject is used when oral iron treatments (tablets or liquids) are ineffective, cannot be used, or when there is a need to restore iron levels quickly.

Administering Ferinject takes approximately 15 minutes.

For heart failure patients with iron deficiency, treatment with Ferinject can:

- **Improve your ability to be active and exercise**
- **Improve your heart failure symptoms**
- **Improve your quality of life**

## In heart failure, your iron matters

## Your quality of life and wellbeing is important

Addressing iron deficiency early is important to improve your symptoms and quality of life.

**Ask your doctor or nurse about getting your iron levels checked.**



\*Klip et al. Iron deficiency in chronic heart failure: an international pooled analysis. Am Heart J. 2013 Apr;165(4):575-582.e3.

FERINJECT® (ferric carboxymaltose) Intravenous iron for injection and infusion (50mg/mL). Consult with your Doctor if FERINJECT is right for you. FERINJECT is a fully funded prescription medicine and special authority criteria applies. Normal Doctors fees and prescription charge apply. FERINJECT is approved for the treatment of iron deficiency when oral iron preparations are ineffective, cannot be used, or when there is a clinical need to deliver iron rapidly. Do not take FERINJECT if you have a known allergy to any ingredient in this product. Tell your Doctor if you are taking other medicines. Do not use FERINJECT if you have anaemia that is not caused by iron deficiency, if you have iron overload. Common side effects include nausea, headache, dizziness, high blood pressure, flushing, low phosphate levels and injection site reactions. There is a small (uncommon) risk of long-lasting brown discolouration of the skin due to leakage at the injection site. Inform staff immediately if there is any discomfort, burning, redness or swelling during administration. If you have side effects, please see your Doctor. Use strictly as directed. More information on FERINJECT is available at [www.medsafe.govt.nz](http://www.medsafe.govt.nz) FERINJECT is a registered trademark of Vifor Pharma Group used under licence by Aspen New Zealand, C/O Pharmacy Retailing (NZ) Ltd, Auckland. [www.aspenpharma.co.nz](http://www.aspenpharma.co.nz) V09. NZ-MAL-2200016. TAPS BG2574-OCT22. INSIGHT 12045



## Low iron in heart failure

**About 50% of heart failure patients are low in iron.\*  
Could this be you?**

If you are living with heart failure, it is important to have your iron levels checked

## Why is iron so important?

Iron is an essential nutrient for your body, which you get from your food. It is needed for both mental and physical health and to keep your energy levels up.

Iron is present in a substance called haemoglobin, which is found in red blood cells. Haemoglobin's role is to carry oxygen from the lungs to the rest of the body. A good oxygen supply is needed by your brain for concentration and by your muscles for physical energy. Iron is also needed to maintain a healthy immune system, helping you to fight off infections. Just like the other muscles in your body, your heart also needs iron to work at its best.

When you do not have enough iron for your body's needs, this is called iron deficiency.

### Signs & Symptoms of iron deficiency to look out for:

There are many signs and symptoms of iron deficiency. A few common symptoms are:

- **Fatigue or extreme tiredness**
- **Looking pale**
- **Shortness of breath**
- **Difficulty exercising**

The symptoms of low iron are very similar to those of heart failure, so you will need to be extra vigilant to spot the difference.

## What does low iron mean for me?

Low iron (iron deficiency) is very common in chronic heart failure. About 50% of heart failure patients have low iron.

Heart failure itself can make it more difficult to get around, to do exercise and carry out your daily activities.

Having iron deficiency as well as heart failure may make your symptoms even worse and make you more tired than usual.

This may reduce your quality of life and increase your risk of hospitalisation.



**REDUCED EXERCISE CAPACITY**



**POOR QUALITY OF LIFE**



**INCREASED RISK OF HOSPITALISATION**

## How is iron deficiency diagnosed?

A simple blood test ordered by your doctor is all that is needed to check your iron levels.

The blood test is to assess how much iron you have stored and available to use. They will also check the iron levels in your red blood cells (haemoglobin).

**If you haven't had your iron levels checked in a while, or you are experiencing symptoms, speak with your doctor about getting a blood test done.**

## Can I just eat more red meat or take a pill to get my iron levels back?

If you have been diagnosed with iron deficiency, eating more iron rich foods will not be enough to correct your iron levels.

For most people with heart failure, taking iron as a tablet or liquid will not be absorbed properly or transported to where it is needed most.

Your doctor may suggest you have intravenous (IV) iron therapy (also called an iron infusion) such as Ferinject®.

**Your doctor or nurse will discuss your treatment options with you**