



Standard Operating Procedure for Iron Infusions at GP2Health

Reasons why Iron Infusion may not suitable for you

1. Non iron deficiency anaemias, e.g. haemolytic anaemia
 2. Iron overload or disturbances in utilisation of iron, e.g. haemochromatosis, hemosiderosis.
 3. History of hypersensitivity to parenteral iron or excipients.
 4. History of asthma, eczema or anaphylactic reactions, as such patients are more likely to have allergic reactions.
 5. Decompensated hepatic cirrhosis or hepatitis.
 6. Acute or chronic infections which may be exacerbated by parenteral iron
 7. Acute kidney injury
 8. Rheumatoid arthritis with signs or symptoms of active inflammation.
 9. First trimester of pregnancy
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Initial Consultation – In person or virtual – Usually takes 40 minutes

1. Prior to your iron infusion we will have a relaxed 30-minute consultation regarding your needs and causes for anaemia and potential iron deficiency.
 2. We will check your blood tests if you have not already given a sample in the last 3 months. We recommend a full blood count, lipids, liver health, bone health, kidney health, diabetic check, iron status, Folic acid, B12 and Vitamin D.
 3. We will also measure your height and weight and calculate your ideal body weight (IDW).
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Infusion Planning and Blood Results – In person – Usually takes 70 minutes

1. GP2Health will interpret and explain the results of the blood tests.
2. Your haemoglobin, ferritin levels and weight will determine what dose of iron to give as an infusion (intra-venous drip).
3. If you are iron deficient or anaemic it is likely you will need two infusions. For your safety these must be 1 week apart. It is **not** mandatory to have a further additional infusion.
4. If there are any other issues with your blood results, these will be delt with either prior, during or after your infusion, dependent upon the nature of the issue/s.



Commence Infusion – In person

1. Following your results, you will be invited to attend the clinic.
 2. We will ensure you are happy to proceed, take consent and ensure there are no contra-indications (reasons not to proceed).
 3. Once you are comfortable, we will insert a small plastic tube (cannula) into one of the veins in your arms. You can choose to sit or lie down.
 4. We will flush the cannula twice (once after insertion and once prior to infusion) to ensure it is correctly located in a vein. In some cases, the cannula may need to be re-cited if we are not happy it is perfectly in the vein.
 5. Prior to starting your infusion, we will check your vital signs - Oxygen, Heart Rate, Blood Pressure, Respiratory Rate and Temperature.
 6. Your cannula will then be attached to a bag containing saline (100mL or 250mL depending upon comorbidities) and iron. The contents in the bag appear brown. The iron and saline will dip into your vein slowly over 10-20 mins.
 7. We will regularly check you are feeling ok and that the infusion site is not staining.
 8. We will re-check your vital signs after 5- and 10-minutes during infusion.
 9. If you get any discomfort or symptoms we may slow or stop the infusion. We may further offer medicines to help with some of the symptoms.
 10. Once the infusion has finished, we will flush the cannula with 10mLs of Saline.
 11. After the infusion has completed, you will be monitored for 30 minutes for your safety. We will ask how you are feeling regularly and check your vital signs at 10 and 30 minutes.
 12. If you need a second infusion to fully replace your whole iron deficit, we will book this in for you.
 13. We will advise you of what symptoms to monitor for at home and will provide contact details for advice if any symptoms should occur.
 14. If there are no issues during post infusion monitoring you are safe to go home and drive if necessary.
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Second Infusion Day – Usually takes 60 minutes

1. There is no difference to the procedure during the second infusion day.
 2. After you are fully topped up with iron you should start to feel much better very quickly.
 3. Depending upon the reason for your initial anaemia and or low iron, you may need a further iron infusion in the future. We will advise you of the likelihood of this occurring.
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