Your health care team wants you to start taking an iron supplement known as **ferrous sulfate**. Below are instructions to follow as you begin taking it. Starting with this schedule helps your body adjust and reduces side effects. The goal is to work up to three tablets daily. Talk with your nurse or doctor about any dietary changes that may be right for you.

**Week 1**: Take one tablet by mouth with dinner for seven consecutive days.
**Week 2**: Take one tablet by mouth with lunch and 1 tablet with dinner for seven consecutive days.
**Week 3**: If side effects are tolerable, take one tablet by mouth with breakfast, lunch, and dinner daily until instructed to stop.

**Side Effects**
The most common side effects of iron supplements are constipation, stomach cramping, or upset stomach. Taking iron supplements can also change your stools to a dark or black color. Call the clinic if you have ongoing upset stomach or constipation that is not relieved by the suggestions below.

These suggestions can help relieve constipation:
- Drink more fluid and add more fiber to your diet. Your nurse or dietitian can suggest ways to add more fiber to your diet.
- Take a high-fiber supplement such as Citruce® or Metamucil® as directed on the label before bed. You can also take it both morning and night. Be sure to take it with a full glass of water.
- Take Senna-S, a mild laxative and stool softener. Take up to two tablets in the morning and two at night.

**What If I Have Questions?**
Call the Hematology Nurse Line at 801-585-0236. For any cancer-related information, contact the G. Mitchell Morris Cancer Learning Center:
- Call toll free 1-888-424-2100
- Visit the sixth floor of the cancer hospital
- E-mail patient.education@hci.utah.edu
- Text “askhci” to 66746

For more information call 1-888-424-2100 or go to www.huntsmancancer.org
Produced by HCI © 2013 • Approved by a team of medical, health, and communications specialists • December 2013 • Revision Date December 2016