



**No hospital wait. No long delays. Book directly at SA Infusion Services.
Restore Your Iron. Boost Your Energy.**

Why Iron Matters

Feeling Low in Energy? Run-Down? Trouble Concentrating? Low Iron Could Be the Reason

Iron helps your body make healthy red blood cells that carry oxygen and support your body's day to day functions.

When your levels are low, you may feel or notice you are:

- Fatigued or lacking energy
- Short of breath
- Dizzy or light-headed
- Hair loss
- Recurrent infections
- Difficulty thinking or concentrating

If you are experiencing any of these symptoms or have been told you have low iron levels, an iron infusion will **help massively in restoring your iron levels quickly**.

Benefits of Iron Infusions

Oral iron tablets are ineffective for many patients. The time taken for noticeable benefit from iron tablets is significantly slower than what can be achieved with an iron infusion.

Additionally, for **patients with certain conditions such as heart conditions and kidney disease**, the rapid replacement of iron with an infusion has been shown to be significantly beneficial for these other medical conditions.

★ Iron infusions allow for **higher doses of iron to be delivered directly into your bloodstream**

★ Iron infusions bypass the digestive tract, meaning they are **far less likely to cause bothersome gastrointestinal side effects (eg. nausea, constipation) that iron tablets do**

★ Iron infusions provide **faster symptom relief than iron tablets**, with patients experiencing notable improvements in symptoms including fatigue, difficulty concentrating and lightheadedness/dizziness within days to weeks after the infusion

★ Iron infusions are **safe, quick, well-tolerated and cost-effective**. The infusion process only takes 20 to 30 minutes, compared to having to purchase and take iron tablets for many months with often suboptimal improvement in iron levels and symptoms.

★ Iron infusions **enhance your quality of life**, through improving energy levels, cognitive performance and your overall wellbeing.

Preparing for your Iron Infusion

First, discuss the option of an iron infusion with your GP or specialist. If they agree an iron infusion would be advisable for your individual circumstances, request that they complete the dedicated [SA Infusion Services Referral Form](#), found on our website or via this QR Code:

Once booked in for your iron infusion, **ensure that you stop any iron tablets at least 7 days before your infusion date**

💧 On the day of the Infusion:

- **Drink at least 1 litre of water before** your infusion time (will help when finding a vein)
- Wear comfortable easily removable layers of clothing
- Purchase your iron medication from the nearby pharmacy
- You will complete a signed consent form with the team before proceeding

💧 During the Infusion:

- The medical team will first measure your vital signs and continue to monitor them during and after your infusion
- A small needle (called an IV cannula) will be inserted into a vein in your arm or hand
- The iron medication will be slowly infused via the IV cannula over 20 to 30 minutes

💧 After the Infusion:

- You will be asked to wait for 30 minutes in the waiting room before having a final measurement of your heart rate and blood pressure
- You will be provided with a blood test form to re-check your iron levels 6 weeks after your infusion

Possible Side Effects

Common (usually mild & short-lived)

- Headaches and dizziness
- Nausea/vomiting
- Joint pain and stiffness, muscle pain and stiffness
- Metallic taste in the mouth
- Skin irritation, sweating and chills
- Changes in heart rate and blood pressure

Rare ($\leq 1\%$ risk)

- Tattooing of the skin at the infusion site (can be permanent)
- Severe allergic reaction (anaphylaxis)

Costs & Further Information

To learn more about SA Infusion Services & for details about **iron infusion fees (including exclusive discounts for concession/pension card holders)**, please visit:

www.sainfusion.com.au/for-patients



How to Book your Iron Infusion

First, **book an appointment with your GP or specialist**. Ask them to **complete the SA Infusion Services Referral Form**, which can be found at: www.sainfusion.com.au/book-now

You are also able to book in a date & time for your iron infusion using the online booking platform on the same webpage.



Locations

SA Infusion Services – Kidman Park

Address:

306 Grange Rd,
Kidman Park SA 5025

Ph: (08) 8334 9855

W: www.sainfusion.com.au



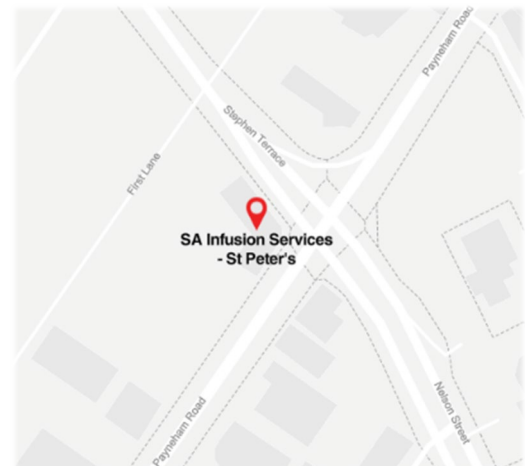
SA Infusion Services – St Peter's

Address:

139 Payneham Rd,
St Peter's SA 5069

Ph: (08) 8151 0499

W: www.sainfusion.com.au



SA Infusion Services – Para Hills

Address:

1 Wilkinson Rd,
Para Hills SA 5096

Ph: (08) 7231 1988

W: www.sainfusion.com.au

