

# PATIENT COUNSELLING INFORMATION

## Ferrous Ascorbate & Folic Acid Drops

### Fe-Z<sup>®</sup> XT Drops

**Read the entire leaflet carefully before administering this medicine:**

- If you have any further questions, ask your doctor.
- If there are any side effects, talk to your doctor. This includes any possible side effects not listed in this leaflet.
- Do not pass this medicine to others.

#### 1. What is Fe-Z<sup>®</sup> XT Drops and what is it used for?

Fe-Z<sup>®</sup> XT Drops belongs to a group of medicines called haematinics. It provides the body with iron and folic acid. These are important substances that the body needs to form red blood cells. If the body does not get the right amount of these substances, it is possible that it would lead to anemia.

Fe-Z<sup>®</sup> XT Drops is used for iron deficiency anemia.

#### 2. What you need to know before administering Fe-Z<sup>®</sup> XT Drops?

**Do not administer Fe-Z<sup>®</sup> XT Drops**

- if the patient is allergic to active substances or any of the other ingredients of this medicine.
- if the patient suffers from Vitamin B12 deficiency.
- if the patient suffers from a blood disorder.
- if the patient had or is having repeated blood transfusions.
- if the patient has a stomach ulcer or other digestive conditions such as regional enteritis or ulcerative colitis.
- if the patient is suffering from anemia that is not due to lack of iron.

If any of the above applies to the patient, talk to your doctor.

#### *Warnings and precautions*

Talk to your doctor before starting Fe-Z<sup>®</sup> XT Drops

- if the patient has been or is being treated for a stomach ulcer.
- if the patient had or has folate dependent tumour.
- if the patient had all or part of the stomach removed.

Keep out of reach and sight of children, as overdose of iron may be fatal.

#### **Other medicines and Fe-Z<sup>®</sup> XT Drops**

Tell your doctor if the patient is taking any other medicines.

- Antibiotics e.g. fluoroquinolones, cotrimoxazole, chloramphenicol, sulphonamides, tetracyclines, neomycin (used for infections).
- Anticonvulsant medicines (used for epilepsy).

- Antacids.
- Penicillamine (used for rheumatoid arthritis).
- Sulfasalazine (used for rheumatoid arthritis and bowel disease, e.g. Crohn's disease).
- Cholestyramine (used for reducing blood cholesterol or control diarrhoea).
- Thyroxine (used for thyroid disease).
- Bisphosphonates (used for bone disease).
- Aminopterin and Methotrexate (used for certain cancers).
- Pyrimethamine (used for malaria).
- Trientine (used for Wilson's disease).
- Methyldopa (used for high blood pressure).
- Zinc.
- Any other medicine, including medicines obtained without a prescription.

### **Fe-Z<sup>®</sup> XT Drops with food and drink**

If tea, coffee or milk or eggs are taken at the same time as Fe-Z<sup>®</sup> XT Drops, the body may absorb less of the iron supplement, which may reduce the effect of this medicine.

### **3. How to administer Fe-Z<sup>®</sup> XT Drops?**

Always use this medicine exactly as described in this leaflet or as your doctor has told. Check with your doctor if not sure.

*Important:* Do not exceed the stated dose. Too much iron can be harmful.

The recommended dose for the treatment of iron deficiency anemia is as follows:

Infants aged 6-12 months (6-10 kg): 1 ml orally once a day or as directed by the Physician.

Children aged 1-2 years (10-14 kg): 1.5 ml orally once a day or as directed by the Physician.

### **If more Fe-Z<sup>®</sup> XT Drops is administered than as recommended**

Contact the nearest hospital casualty department or your doctor immediately.

Symptoms of an overdose include stomach pain, diarrhoea or being sick, within an hour of taking too much. Heart problems or collapse may follow.

### **If a dose of Fe-Z<sup>®</sup> XT Drops is forgotten**

Doubling the dose to make up for a forgotten dose would not substitute the missing amount, but increase the risk of overdosing. Continue the treatment according to the instructions.

If there are any further questions on the use of this medicine, ask your doctor.

### **If administration of Fe-Z<sup>®</sup> XT Drops is stopped**

Keep administering this medicine for as long as your doctor has told. Do not stop the medicine just because the patient feels better.

If there are any further questions on the use of this medicine, ask your doctor.

### **4. What are the possible side effects of Fe-Z<sup>®</sup> XT Drops?**

Like all medicines, this medicine can cause side effects, although not everybody gets them.

Seek immediate medical help if there is an allergic reaction.

This includes any of the following symptoms: Constipation, diarrhoea, nausea, vomiting, dark stools, abdominal pain, stomatitis, alopecia, myelosuppression, zinc depletion, erythema, urticaria, skin flushing, rash, itching, bloating, flatulence, cramps, bitter taste, irritability, excitability, general malaise, altered sleep patterns, vivid dreaming, overactivity, confusion, impaired judgment, increased seizure frequency, and psychotic behaviour.

#### **5. How to store Fe-Z<sup>®</sup> XT Drops?**

**Store in a cool & dark place.**

Keep out of reach of children.

This medicine should not be administered after the expiry date shown on the pack. The expiry date refers to the last day of that month.

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