



If You Need Iron Pills

Iron pills may help you and your baby grow and stay healthy, but be careful when using them:

- Keep your iron pills away from children. It only takes a few iron pills to kill a small child.
- If your child swallows any iron pills, call 911 or the California Poison Control right away at 1-800-222-1222 and visit www.calpoison.org.

Take only the iron pills your health care provider tells you that you need:

- If you take more than one pill, take each pill three or four hours apart.
- Do not take iron with milk, yogurt, cheese, or other milk foods.
- Try to take iron between meals.
- Do not stop taking the iron without telling your health care provider.

Call your health care provider and ask for advice:

- If you vomit or feel sick to your stomach. You may need to take your iron pills with food or at bedtime. Talk to your provider about the type of iron you take and how much you take.
- If you get diarrhea. You may need to take less iron.
- If you get constipated. It's a good idea to eat high fiber foods like whole grains and vegetables. Drink more fluids. If this fails, ask about a stool softener.
- Let your provider know if you get hemorrhoids or have other concerns.

After your baby comes:

- If you were anemic or iron deficient during pregnancy, you should probably take iron for three months after your baby comes.



TAKE ACTION

My plan for taking my iron supplements:

The number of iron pills I will take each day: _____

I will take my iron pill at these times of the day: _____

I will keep my iron safe from children by: _____

If the iron makes me feel uncomfortable, I will contact: _____