

Client Education Advisory Committee (CEAC)

This resource is intended as part of a clinical trial and is not printable from the catalogue.

Distribution in any other format is prohibited.

If you have any questions about this document,

Please contact

Patient Blood Management/Transfusion Safety Team

At (306) 766-3134

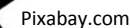
This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



CEAC 1459
December 2021
Regina Area



A Mother's Diary



Iron Deficiency Anemia in Pregnancy

A Patient's Clinical Trial Guide

CEAC 1459
December 2021
Regina Area

Helpful Resources

Iron Rich Pyramid (2019):

https://www.redcross.org/content/dam/redcrossblood/landing-page-documents/246401_ironrichpyramid_flyer_ms_v02.pdf

Your Guide to a Healthy Pregnancy:

<https://www.canada.ca/en/public-health/services/health-promotion/healthy-pregnancy/healthy-pregnancy-guide.html>

Pregnancy, Childbirth and Caring for a Newborn During the COVID-19 Pandemic:

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks/pregnancy-childbirth-newborn.html>

Lucky Iron Fish (2021): <https://ca.luckyironfish.com/pages/iron-101>

Unlock Food. How to Get More Iron.

<https://www.unlockfood.ca/en/Articles/Vitamins-and-Minerals/How-To-Get-More-Iron.aspx#.VuCecJMrKR>

Unlock Food. How to Manage Iron Deficiency Anemia

<https://www.unlockfood.ca/en/Articles/Vitamins-and-Minerals/Managing-Iron-Deficiency.aspx>

Welcome,

We would like to thank you for participating in the Iron Deficiency Anemia (IDA) study. Taking the time away from your family and your busy schedule means a lot to all of us. We hope that you receive the potential benefits of IV iron at the same time as helping future mothers that are having IDA!

We have prepared this booklet to help guide you through your hospital visits, tests and birth of your new baby.

Please let us know if you have any questions during the study, we would be happy to answer any questions you may have.

All the best,

Dr. Ryan Lett, Dr. Sarah Smith and the study team

Most Used Phone Numbers

My obstetrical care provider is:

Name: _____ Phone number: _____

Regina General Hospital(RGH): 306-766-4444 (main switchboard)

Outpatient Lab: 306-766 - 4527

Mother Baby Unit: 306-766 - 6173

Emergency Information:

Your health and the health your baby are most important.

Call 911 immediately in the case of a medical emergency.

Inform the medical staff you are participating in a clinical study so that they may notify your obstetrical care provider and discuss the next steps of your care.

Study Doctors: Dr Ryan Lett and Dr Sarah Smith

What Should I Bring To My IV Iron Appointments?

This booklet	Your health card
If parking, cash for payment	Water or something to drink
List of current medicine including anything bought without a prescription	
Comfort items such as a small pillow and small blanket, slippers or socks (optional)	

Questions for my next appointment											
Iron Levels											
Hemoglobin (Hb)											
Date											

Facts About Iron



Iron needs in pregnancy are approximately 27 mg/day.

Iron needs during breast feeding are approximately 9 – 10mg/day.

Iron deficiency anemia affects 500 million women, worldwide.

Iron is essential for plant, animal and human life.

Human blood is red because the iron and oxygen interact.

If cast iron pans are used in cooking, this can increase the amount of iron in food.

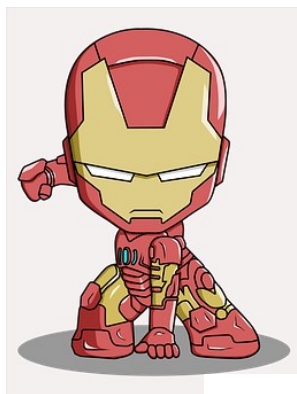
Iron comes in many forms. Iron is the 26th element on the periodic table.

Iron is the second most abundant of all the metals found on earth.

The earth's inner core and outer surface is made of iron.

Iron was first discovered in Egypt in 1700 BC.

Iron is a magnetic element.



Pixabay.com

{FeO(1-3X) (OH)(1+3X)
(C₆H₅O₇ 3-X)}, (H₂O)_T, -
(C₆H₁₀O₆)R(-C₆H₁₀O₅-)Z
(C₆H₁₃O₅)R, (NaCl)Y

Pfizer Canada. (2018), p. 20

Appointment Journal

My first appointment is on DATE /Time/LOCATION.

Next Appointment/ Location/ Notes							
Blood Work and Tests							
Baby's Heart Rate							
My Blood Pressure							
Date/Time							

Iron Pregnancy Study Information

This study will focus on pregnant women with Iron Deficiency Anemia or IDA. When your body needs higher amounts of iron, it is given by an infusion at Regina General Hospital. Please plan to arrive at the hospital about 30 minutes before your scheduled appointment. You will be at the hospital for approximately 2 hours.

There are many types of iron used in pregnancy. The demands on your body, along with a growing baby make it challenging for you to keep up to your body's needs. It would be similar to a car with an empty gas tank. Once the tank is empty, the car can not be driven. If the iron that is stored in your body becomes less over time, the body will find it harder to carry out your normal activities.

Iron therapy comes in many forms. For the purposes of this study, two types of iron are being used. Iron Sucrose (IS) is the standard iron therapy given over many doses. Iron Isomaltoside (Monoferric™) is a type of iron that is given intravenously (IV) in one or two doses. IV iron gives you a larger amount of iron to get you through the end of your pregnancy and beyond.

To Increase your Iron Intake:

Eat a variety of heme and non-heme foods every day.

Increase the absorption of non-heme foods by eating them at the same time as:

- Heme-iron foods.
- Vitamin C rich foods like oranges, pineapples, kiwis, strawberries, cantaloupes, mangoes, peppers, broccoli, tomatoes, snow peas, cauliflower and kale.

Cooking in cast iron pans help increase the amount of iron in food as it is cooked.



Some foods may decrease iron absorption and should be eaten between meals:

- Coffee , tea or calcium rich foods (dairy products or calcium supplements)

A Diet High in Iron

Iron is a mineral that helps your body make hemoglobin.

Hemoglobin is a protein found in red blood cells that carries oxygen around your body.

Food contains 2 forms of iron: heme and non-heme. Heme iron is easily absorbed from food. Heme iron is found in animal foods like meat: beef, pork, lamb, chicken, turkey, fish and shrimp.



Non-heme iron is found in plant foods and fortified products like dried peas, beans, lentils, green leafy vegetables, asparagus, beets, beet and turnip greens, iron-fortified pastas and cereals, tofu, seeds and seed butters. Non-heme iron is not easily absorbed from food.

Iron Infusion Information

You should not get an iron infusion if you have a history of:

- allergy to iron or iron medications
- allergies to food, medicines or environment
- lupus
- asthma, eczema
- low blood pressure.

Possible side effects of an iron infusion are:

- abdominal pain, nausea, constipation, indigestion
- cough, difficulty breathing, dizziness, fatigue
- sore throat, inflamed nose or throat, pneumonia
- joint pain, muscle pain, muscle spasms, muscle weakness
- rash, itchy skin, skin that may change colour at the IV site
- tingling or swelling of the hands or feet
- infections such as pneumonia or bladder infection

If you are having any of the abovelisted side effects, please contact your health care provider and the study doctor.

Getting to your Iron Appointment

Getting around a hospital can be confusing. Maps of the Regina General Hospital (RGH) can be viewed on www.saskblood.ca.

Your appointment at RGH may be located at any of these locations:

- Ambulatory Care, Level 2 (RGH)
- Labour and Birth, Level 2 (RGH)
- Mother Baby Unit, Level 2 (RGH)
- Women's Health Centre, Level 3 (RGH)

The Mother Baby Unit at Regina General Hospital calls you about your appointment. You will also receive a reminder phone call about your appointment the day before it is scheduled.



Level 1 Floor Plan
RGH

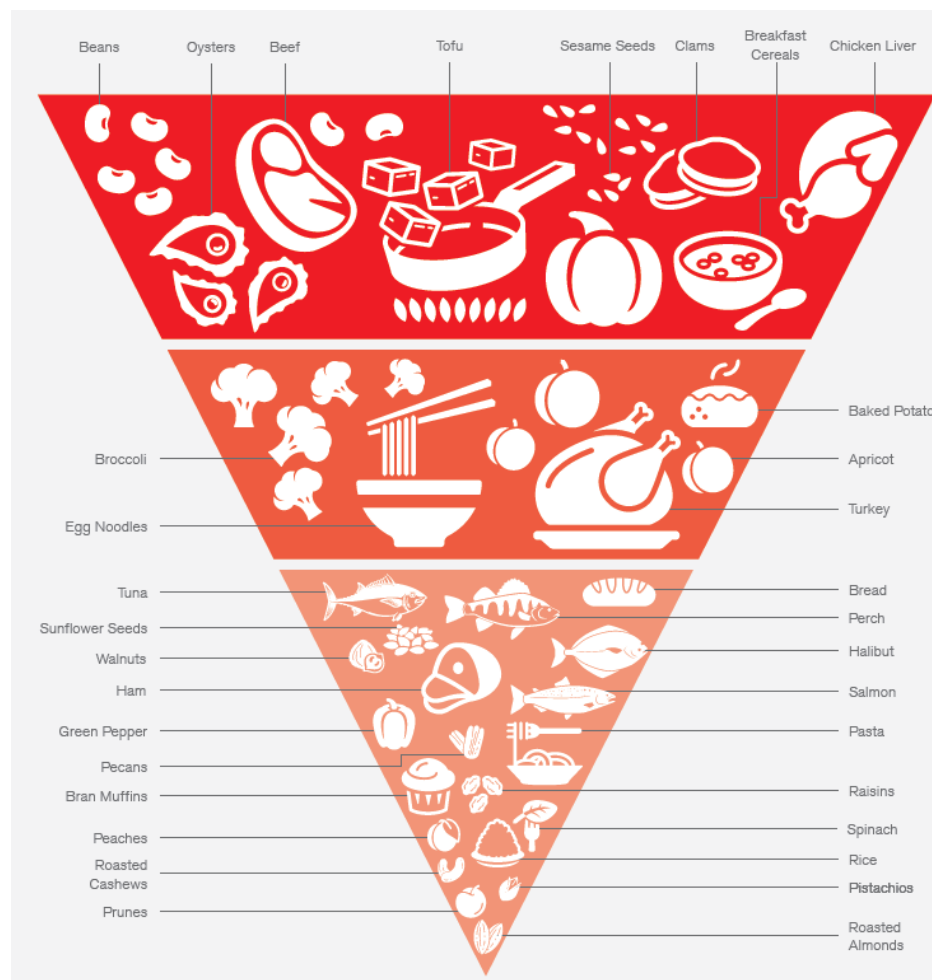


Level 2 Floor Plan
RGH



Level 3 Floor Plan
RGH

You may scan and download the QR codes on your mobile device to prepare for your arrival at RGH. All of the maps are available on the saskblood website at www.saskblood.ca



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Reading Food Labels for Iron

Look for packaged products that list the words “iron” or “ferrous” in the ingredient list.

The Percent Daily Value (%DV) on the nutrition facts table will tell you if a food has a little or a lot of iron. Look for products that have more than 15% DV for iron.