IronOx Clinic

ironoxclinic.com
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Cardiff, Wales

Dear [Patient Name],

Thank you for attending IronOx Clinic for your iron infusion today. It was a pleasure looking after you.

Most people tolerate iron infusions very well, and we hope you leave feeling comfortable. It is important to remember that although some people notice improvements within a few days, it is more common for energy levels and symptoms to improve gradually over **2–6 weeks** as your body replenishes its iron stores.

What to expect

- You may feel a little tired for the rest of today – this is completely normal.
- Keep well hydrated over the next 24–48 hours.
- You can eat and drink as normal.
- Avoid strenuous exercise for the rest of today and allow your body to rest.

Mild side effects

Some people experience:

- Mild headache
- Nausea
- Muscle or joint aches
- Temporary metallic taste
- Slight bruising or tenderness at the cannula site

These symptoms are usually mild and settle within a day or two. Paracetamol can be taken if required (provided it is safe for you to do so).

When to seek medical advice

Please contact us if you experience:

- Increasing pain, redness or swelling around the injection site
- Persistent fever or feeling generally unwell
- Symptoms that concern you or are not improving

If you develop **difficulty breathing, swelling of the face or throat, or severe allergic symptoms**, call **999** immediately or attend your nearest Emergency Department.

Follow-up

If you have any questions or concerns, please don't hesitate to contact the clinic. We're always happy to help.

Thank you for choosing IronOx Clinic .

Kind regards,

Dr Ros