Iron supplement timing checklist

Use these steps from the article to time iron supplements for better absorption and fewer problems.

- [ ] Follow the dose and schedule that a clinician sets for iron supplements.
- [ ] Take iron supplements in the morning when the daily routine allows.
- [ ] Take the dose 30 minutes before eating or 2 hours after eating.
- [ ] Swallow the dose with water, orange juice or another source of vitamin C.
- [ ] Keep a 2-hour gap from tea, coffee, milk, dairy foods and eggs.
- [ ] Wait at least 2 hours after calcium or antacids before taking iron supplements.
- [ ] Take the dose with a small amount of food when an empty stomach causes an upset.
- [ ] Ask a clinician before switching to every-other-day dosing or a different form of iron.
- [ ] Contact a healthcare provider right away for tarry stools, red streaks or sharp stomach pain.
- [ ] Store iron supplements out of the reach of children.

Notes

For general education only. Not a substitute for professional medical advice.