Iron Supplement Stomach Comfort Checklist

This checklist helps the reader take iron supplements in ways that may reduce stomach pain and side effects.

- [ ] Take iron as prescribed, and keep to 45 mg daily or less if you do not have anemia.
- [ ] Take iron with a small amount of food if it causes pain or cramps.
- [ ] Wait at least 2 hours after milk, calcium, or antacids before taking iron.
- [ ] Avoid milk and caffeine drinks such as cola, tea, and coffee at the same time as iron pills.
- [ ] Consider taking iron with orange juice or other vitamin C foods to help absorption.
- [ ] Drink plenty of water and add vegetables, fruits, and dietary fiber.
- [ ] Skip the double dose if you miss one, and take the next dose on time.
- [ ] Ask your doctor about liquid iron if tablets keep hurting your stomach.
- [ ] Mix liquid iron with juice or water and drink it through a straw to avoid staining teeth.
- [ ] See your doctor if you notice stool color changes or two or more side effects.

Notes

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