If iron makes you constipated

Use these steps and check each with a pharmacist or doctor.

- [ ] Drink fluids through the day.
- [ ] Add fiber from food slowly, such as whole grains and vegetables.
- [ ] Stay active with a daily walk or similar movement.
- [ ] Ask a pharmacist before using a stool softener or fiber supplement.
- [ ] Keep fiber supplements apart from iron, as less iron is absorbed together.
- [ ] Tell the prescriber if constipation does not settle.
- [ ] Ask the prescriber or pharmacist about other iron forms instead of switching alone.
- [ ] Seek urgent care for tar-like, red or bloody stool.
- [ ] Keep iron out of children's reach and call Poison Control at 1-800-222-1222 after any overdose.

Notes

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