

SOLIDIRON TABLET 200MG

Ferrous fumarate (200mg)

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What Solidiron Tablet is used for

Solidiron Tablet contains a form of iron called ferrous fumarate. Your body needs iron for the normal development of red blood cells. Lack of iron causes a reduction in the number of red blood cells formed in the body and leads to iron deficiency anemia.

Solidiron Tablet is used for the prevention and treatment of iron deficiency resulting from:

- inadequate iron in the diet.
- poor absorption of dietary iron.
- iron deficiency in pregnancy.
- parasitic infections.
- blood loss.

How Solidiron Tablet works

Iron, in the form of ferrous fumarate, is involved in the formation and functioning of red blood cells.

Before you use Solidiron Tablet

When you must not use it Do not take this medicine if:

- you are allergic to ferrous fumarate or any other ingredients of this leaflet.
- you have a condition where there is too much iron build-up in the body (hemochromatosis, hemosiderosis).
- you have any form of anemia conditions not due to iron deficiency.
- there is presence of blood in your urine (paroxysmal nocturnal haemoglobinuria).
- you have active peptic ulcer.
- you are undergoing repeated blood transfusions
- you have inflammatory bowel disease.

- Before you start to use it

Check with your doctor or pharmacist before taking Solidiron Tablet if:

- you have undergone abdominal surgery (gastrectomy).
- you have microcytic anaemia.
- you have metabolic disorders.

If you are not sure if any of the above apply to you, talk to your doctor or pharmacist before taking Solidiron Tablet.

Pregnancy and lactation

Although Solidiron Tablet can be used during pregnancy and lactation, please consult your doctor or pharmacist if you are pregnant, planning for pregnancy or breast-feeding before using any medicine.

- Taking other medicines

Tell your doctor if you are taking any other medicines, including any that you buy without a prescription from a pharmacy, supermarket or health food shop.

Tell your doctor if you are taking:

- treatment for infections such as chloramphenicol, tetracyclines, levofloxacin, etc.
- medicines containing zinc, calcium or magnesium.
- thyroxine for treatment of thyroid gland problems.
- treatment for Parkinson's disease such as levodopa and entacapone.
- treatment for increase in blood pressure such as methyl dopa.
- penicillamine for treatment of rheumatoid arthritis.
- antacid in the presence of food such as coffee, eggs, cereal, and milk.
- medicines for bone diseases such as bisphosphonates.
- trientine use for reduce high copper levels in blood.
- dimercaprol.
- mycophenolate used during organ transplants.
- vitamin E.
- treatment for abnormal low platelet or severe anaemia such as eltrombopag.
- acetohydroxamine acid.

How to use Solidiron Tablet

- How much to use

Follow all directions given to you by your doctor and pharmacist carefully. They may differ from the information contained in this leaflet. If you do not understand the instructions on the label, ask your doctor or pharmacist for help.

You are advised to take Solidiron Tablet on an empty stomach or 1 hour before meal. However, Solidiron Tablet may also be taken with food or 2 hours after meal to reduce stomach upset.

You are also advised to avoid regular use of large amounts of iron supplements several times daily for more than 6 months unless advised by the doctor.

Adults

For treatment to prevent disease - 200mg (1 Tablet) daily.
Therapeutic - 200mg (1 Tablet) three or four times a day. The dosage maybe adjusted gradually as needed.

Children

Solidiron Tablet is not intended for the treatment of children.

- When to use it

Use as directed by your doctor or pharmacist. Although iron is better absorbed on an empty stomach. However, Solidiron Tablet can also be taken with foods to reduce stomach upset.

- How long to use it

Use Solidiron Tablet for the duration that the doctor recommends.

- If you forget to use it

Take the missed dose as soon as you remember. If it is almost time for your next dose, wait until then to take the medicine and skip the missed dose. Do not take a double dose to make up for the missed dose.

- If you use too much (overdose)

Contact your doctor immediately or go to the Emergency Department of your nearest hospital, if you or anyone else may have use too much of this

medicine. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.

Taking too many tablets may cause:

- nausea.
- vomit in grey or black colour or vomit blood.
- abdominal pain.
- rectal bleeding.
- lethargy.
- circulatory collapse.
- high blood glucose.
- acidic blood.
- diarrhoea or grey or black colour stools.

While you are using it

- Things you must do

Use your medicine exactly as your doctor has told you.

Tell all the doctors, dentists and pharmacists treating you that you are using Solidiron Tablet.

Tell your doctor immediately if you become pregnant while using this medication.

Take Solidiron Tablet only with a doctor's prescription.

- Things you must not do

Do not stop using the medicine unless advised by your doctor.

Do not use any new medicines without consulting your doctor or pharmacist.

Do not give Solidiron Tablet to anyone else, even if they have the same symptoms or condition as you.

- Things to be careful of

Driving and using machines

Be careful driving or operating machinery until you know how Solidiron Tablet affects you.

Side effects

Like all medicines, Solidiron Tablet can cause side effects, although not everybody gets them.

- Solidiron Tablet can cause side effects such as: gastrointestinal disorders: nausea, vomiting, gastrointestinal irritation, diarrhoea, epigastric pain, darkening of stool, narrowing of intestines, and diverticular disease.
- immune system disorders: hypersensitivity such as hives (urticaria), rash, itch, swelling, and photosensitivity.
- cardiovascular disorders: Ischemic heart disease.
- respiratory disorders: difficulty for breathing.
- effects on growth: Iron supplementation in iron-replete children has been reported to adversely affect their growth.

Visit your doctor or pharmacist immediately if you experience any side effects after using this medicine.

You may report any side effects or adverse drug reactions directly to the National Centre for Adverse Drug Reaction Monitoring visiting the website npra.gov.my [Consumers→ Reporting Side Effects to Medicines (ConSERF) or Vaccines (AEFI)]

Storage and Disposal of Solidiron Tablet

- Storage

Keep out of the reach and sight of children.

Store below 30°C in a cool dry place, protect from light and moisture.

- Disposal

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

Product Description

- What it looks like

Round, biconvex, even edged tablets, brown in colour

- Ingredients

Active ingredient(s)

- Ferrous fumarate 200mg

Inactive ingredients

- Docusate sodium.
- Povidone.
- Ethanol 96% v/v.
- Shellac solution.
- Talc powder.
- Magnesium stearate.
- Maize starch.
- Sodium starch glycolate

- MAL number(s):

MAL20020030XZ

Product Registration Holder and Manufacturer

Idaman Pharma Manufacturing Sdn Bhd
(200401023395),
Lot 24 & 25, Jalan Perusahaan Lapan
Bakar Arang Industrial Estate, 08000
Sungai Petani, Kedah Darul Aman,
Malaysia

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