

IDAMAN FERROUS FUMARATE TABLET 200MG

Ferrous Fumarate (200mg)

What is in this leaflet

1. What Idaman Ferrous Fumarate Tablet 200mg is used for
2. How Idaman Ferrous Fumarate Tablet 200mg works
3. Before you use Idaman Ferrous Fumarate Tablet 200mg
4. How to use Idaman Ferrous Fumarate Tablet 200mg
5. While you are using Idaman Ferrous Fumarate Tablet 200mg
6. Side effects
7. Storage and disposal of Idaman Ferrous Fumarate Tablet 200mg
8. Product description
9. Manufacturer and Product Registration Holder
10. Date of revision
11. Serial number

What Idaman Ferrous Fumarate Tablet 200mg is used for

Idaman Ferrous Fumarate Tablet 200mg is used for the prevention and treatment of iron deficiency resulting from

- Inadequate iron in diet
- Poor absorption of dietary iron
- Iron deficiency anemia in pregnancy
- Parasitic infections
- Blood loss.

How Idaman Ferrous Fumarate Tablet 200mg works

Idaman Ferrous Fumarate Tablet 200mg containing an active ingredient called ferrous fumarate which mainly involved in the formation and functioning of red blood cells.

Before you use Idaman Ferrous Fumarate Tablet 200mg

- When you must not use it

You must not take Idaman Ferrous

Fumarate Tablet 200mg and should talk to your doctor pharmacist if you are:

- sensitive/allergic to ferrous fumarate, any other forms of iron or any other ingredients found in these tablets.
- Have a condition where there is too much iron build-up in the body (Hemochromatosis & Hemosiderosis)
- Have any form of anemia conditions not due to iron deficiency
- Undergoing repeated blood transfusions

If you are not sure whether you should start taking this medicine consult with your doctor or pharmacist.

- Before you start to use it

Tell your doctor if you have or have ever had any of the following medical conditions: -

- Suffering from a recently diagnosed stomach or duodenal ulcer.
- Suffering from ulcerative colitis or any other inflammatory condition of the bowels.
- Liver inflammation
- Acute infectious kidney disease
- Intestinal tract inflammatory conditions such as enteritis, colitis, diverticulitis and ulcerative colitis
- Rheumatoid arthritis (Disease causing joint pain)

Discuss with your doctor or pharmacist first if you are pregnant or breastfeeding.

- Taking other medicines

Tell your doctor or pharmacist before taking Idaman Ferrous Fumarate Tablet 200mg, if you are taking any other medicines, including any that

you buy without a prescription from pharmacy, supermarket or health food shop. The effects of some medicines may be affected if other medicines are used at the same time.

Inform your doctor if you are using Idaman Ferrous Fumarate Tablet 200mg in combination with the following:

- Drug which used for treating infections such as (tetracyclines, ciprofloxacin, levofloxacin, moxifloxacin, ofloxacin and norfloxacin)
- Medicines containing zinc, calcium or magnesium salts.
- Levothyroxine treating thyroid gland problems.
- Medicine used for increase the blood pressure (i.e Methyldopa) and for a Parkinson disease (i.e levodopa, entacapone)
- Penicillamine (Anti-rheumatic medicine used for treats individuals which active Rheumatoid arthritis).

How to use Idaman Ferrous Fumarate Tablet 200mg

Always take the Idaman Ferrous Fumarate Tablet 200mg as your doctor or pharmacist has told you. If you do not understand the directions on the label, ask your doctor or pharmacist to explain the instructions to you.

How much to use

Your doctor will advise you how many doses are needed each day, and for how long you will need to take. This depends on your condition and whether or not you are taking any other medicines.

Adults:

For prevention of disease – 200mg (1

IDAMAN FERROUS FUMARATE TABLET 200MG

Ferrous Fumarate (200mg)

tablet) daily.

Treatment – 200mg (1 tablet) three or four times a day. The dosage may be adjusted gradually as needed and tolerated.

Children:

It is not recommended for children used.

- When to use it

Use as directed by your doctor or pharmacist.

- How long to use it

Follow the direction label carefully and as instructed by your doctor or pharmacist.

- If you forget to use it

Consult your doctor or pharmacist on what you should do if you forget to take it.

Take the missed dose as soon as you remember. If it is almost time for your next dose, skip the dose you missed and take your next dose when you are meant to.

Do not take a double dose to make up for the dose that you missed. This may increase the chance of you getting unwanted side effects.

- If you take too much (overdose)

Early sign of overdose may include the following:

- Nausea and Diarrhea
- Vomiting and gastrointestinal bleeding
- Severe cases cause coma, hypothermia (low body temperature, bleeding disorder and damage of central nervous system)

Immediately contact your doctor or go to the Emergency Department at your nearest hospital if you or anyone else has taken a large amount of this medication. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.

While you are using Idaman Ferrous Fumarate Tablet 200mg

- Things you must do

Take the medication exactly as your doctor prescribed.

- Tell your doctor or pharmacist if you have allergies to Ferrous Fumarate.
- Tell your doctor or pharmacist what other prescription and non-prescription medicines that you are taking.
- Tell all the doctors, dentists and pharmacists treating you that you are taking Idaman Ferrous Fumarate Tablet 200mg
- Tell your doctor immediately if you become pregnant while taking this medication.

- Things you must not do

Do not stop taking the medicine unless advised by your doctor

Do not give Idaman Ferrous Fumarate Tablet 200mg to anyone else, even if their symptoms seem similar to yours.

Do not take your medicine to treat any other complaints unless your doctor or pharmacist tells you to.

- Things to be careful of

If you are pregnant or are breastfeeding, you should not take Idaman Ferrous Fumarate Tablet 200mg without discussing it with your doctor or pharmacist first.

Idaman Ferrous Fumarate Tablet 200mg may affect your ability to drive or use machines. If the medicine makes you feel sick, dizzy or tired, or give you a headache, do not drive or use machines and contact your doctor immediately.

Side Effects

Idaman Ferrous Fumarate Tablet 200mg is generally well tolerated. However, like all medicines, Idaman Ferrous Fumarate Tablet 200mg can cause side effects on gastrointestinal disorder which causes nausea, stomach ache, vomiting, diarrhea and constipation.

Other side effects not listed above may occur in some patients. Tell your doctor or pharmacist if you notice anything that is making you feel unwell.

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

Storage and Disposal of Idaman Ferrous Fumarate Tablet 200mg

- Storage

Keep all medicines out of the sight and reach of children.

Do not take this medicine beyond the expiry date imprinted on the product packaging.

Keep container tightly closed in a dry place, below 30°C. Protect from light.

- Disposal

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines

IDAMAN FERROUS FUMARATE TABLET 200MG

Ferrous Fumarate (200mg)

no longer required. These measures will help to protect the environment.

Product Description

- What it looks like

Round, reddish brown colored mottled tablet

- Ingredients

-Active ingredient:

Each tablet contains: Ferrous Fumarate 200mg.

-Inactive ingredients:

Maize starch, Starch Paste, PVPK- 30, Magnesium Stearate, Purified Talcum, Sodium Lauryl Sulphate and Sodium Starch Glycollate

- MAL number:

MAL22016025XZ

Manufacturer &

Product Registration Holder

INSPIRAPHARMA SDN BHD

(200401023395)

Lot 24 & 25, Jalan 8, Kawasan

Perusahaan Bakar Arang, 08000 Sungai

Petani, Kedah Darul Aman, Malaysia.

Date of Revision

10/06/2026

Serial Number

NPRA (R2) 21/108.