

FEFUR TABLET (FILM-COATED)

Ferrous Fumarate (100mg)

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What FEFUR TABLET is used for

FEFUR TABLET is used in the prevention and treatment of iron deficiency anaemia (a lack of healthy red blood cells due to low levels of iron), which may be caused by inadequate diet, poor absorption of iron by the body, pregnancy, or blood loss.

How FEFUR TABLET works

Iron is an essential body mineral. Ferrous fumarate works by providing iron to help the body make healthy red blood cells.

Before you use FEFUR TABLET

- When you must not use it

Do not take this medicine if:

- You are allergic to ferrous fumarate or any of the other ingredients of this medicine (listed in Product Description).
- You have any iron-storage or iron-absorption disease such as haemochromatosis or haemosiderosis (accumulation of iron).
- You have anaemia (low red blood cells) which is not due to iron deficiency.
- You are receiving iron injections.

- Before you start to use it

Check with your doctor or pharmacist before taking FEFUR TABLET if you have:

- History of taking alcohol
- Liver inflammation (hepatitis)
- Any ongoing infection
- Any inflammation (e.g. enteritis, colitis, pancreatitis) or gastrointestinal ulcer.

Pregnancy and lactation

Please consult your doctor or pharmacist if you are pregnant, planning for pregnancy or breast-feeding before using any medicine.

In the first trimester of pregnancy, adequate iron intake is usually obtained from a proper diet; however, in the second and third trimesters, when iron deficiency is more prevalent because of greatly increased requirements, iron supplements may be recommended.

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

- 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.

In particular, tell your doctor if you are taking any of the following medicines:

- Tetracyclines (antibiotic): This medicine should be taken 3 hours before or 2 hours after the tetracycline.
- Antacids (medicines to relieve indigestion / heartburn) or tea: This medicine should not be taken within 1 hour before or 2 hours after ingestion of antacids or tea.
- Vitamin C (ascorbic acid).

How to use FEFUR TABLET

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.

- How much to use

Adult: 2 tablets a day.

Children (above 4 years): 1 tablet a day.

- When to use it

Take once or twice daily as directed by your doctor or pharmacist.

- How long to use it

Take FEFUR TABLET for the duration as your 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 think you or anyone else may have taken 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 stomach pain, nausea, vomiting (sometimes with blood), deep and rapid breathing, liver or kidney failure.

While you are using it

- Things you must do

Tell all the doctors, dentists and pharmacists treating you that you are taking FEFUR TABLET.

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Tell your doctor immediately if you become pregnant while taking FEFUR TABLET.

- Things you must not do

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

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

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

- Things to be careful of

Do not take FEFUR TABLET for a long duration of time unless advised by your doctor.

Driving and using machines

Be careful driving or operating machinery until you know how FEFUR TABLET affects you.

Side effects

Like all medicines, FEFUR TABLET can cause side effects, although not everybody gets them. Possible side effects are as below:

- Stomach discomfort.
- Nausea and vomiting.
- Diarrhea or constipation.
- Darkened stools.

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

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

Storage and Disposal of FEFUR TABLET

- Storage

Keep out of reach and sight of children. Store below 30°C. Protect from 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 tablet, brown film-coated, slanted edges with shallow convex faces.

- Ingredients

- Active ingredients
Ferrous fumarate 100mg

- Inactive ingredients
Cornstarch
Hydroxypropyl Methylcellulose E-15
Hydroxypropyl Methylcellulose E-5
Lactose Monohydrate
Magnesium Stearate
Polyvinylpyrrolidone K-25
Polyethylene Glycol 4000
Sodium Starch Glycolate
Isopropyl Alcohol

- MAL Number:
MAL19911132XZ

Manufacturer

HOVID Bhd
Lot 56442, 7 1/2 Miles
Jalan Ipoh/Chemor
31200 Chemor, Perak, Malaysia.

Product Registration Holder

HOVID Bhd
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(Jalan Kuala Kangsar),
30010 Ipoh, Perak, Malaysia.

Date of revision

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