

Iron Infusion at Our Practice

What you need to know before booking

We offer iron infusion services for patients whose iron deficiency has been assessed and confirmed by one of our GPs. This information sheet explains our booking process and what is required before an infusion can be scheduled.

A GP assessment at this practice is required first

We are unable to book an iron infusion based solely on a referral or recommendation from another clinic or hospital. Before an infusion appointment can be confirmed, you must be seen by one of our GPs, who will:

- ✓ Review your recent blood results and confirm the diagnosis
- ✓ Assess whether an iron infusion is clinically appropriate for you
- ✓ Confirm that our practice guidelines for iron infusion are met
- ✓ Obtain your consent and discuss any risks or alternatives

If you have been assessed at another clinic or hospital, please contact that clinic to arrange your infusion there — or book a GP appointment with us first. We cannot guarantee an infusion appointment at the same visit as your GP consultation.

Our clinical guidelines for iron infusion

An iron infusion will generally be considered appropriate when all of the following criteria are met:

- ✓ Confirmed iron deficiency on blood tests (ferritin, transferrin saturation and full blood count)
- ✓ Oral iron has been trialled and is not tolerated, is insufficient, or is contraindicated
- ✓ The clinical indication is supported by your symptoms and history
- ✓ There are no contraindications to intravenous iron

Our GP will assess these criteria at your consultation. If the criteria are not met, alternative management will be discussed with you.

What to bring to your GP consultation

Please bring the following to help us assess your situation efficiently:

- ❑ Recent blood test results (within the last 3 months if possible): ferritin, transferrin saturation, full blood count and CRP
- ❑ Any referral letters or clinical notes from your previous treating doctor or specialist
- ❑ A list of current medications, including supplements
- ❑ Details of any previous iron treatments and how you tolerated them
- ❑ Medicare card and any relevant healthcare or concession cards

On the day of your infusion

- ✓ Allow up to 1–2 hours for the infusion appointment
- ✓ Eat and drink normally beforehand — do not fast
- ✓ Wear comfortable, loose-fitting clothing with easy access to your arm
- ✓ You may drive yourself home in most cases — discuss this with your GP
- ✓ A nurse will monitor you throughout the infusion

Questions? Call us on (03) 9568 8932 | 139 Warrigal Road, Hughesdale VIC 3166