



Barnmorskemottagningar, Regionhälsan

Patientinformation: Järntillskott under graviditet översatt till engelska

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Medical information for patients

Iron supplementation during pregnancy

It is important to get iron during pregnancy. Having sufficient iron levels in the blood is necessary to form new blood cells. A lack of iron leads to low hemoglobin levels (low blood count, low Hb) which can make you tired. Pregnant women have an increased need for iron to support both themselves and their fetus. This is why the body's iron stores need to be checked at the beginning of the pregnancy, followed by a regular monitoring of the blood levels (Hb) for the rest of the pregnancy.

When your iron stores (s-ferritin) were checked, we determined that:

- You should start taking iron supplements 100 mg daily.
- You should start taking iron supplements 100 mg every two to three days.

Any of the following over-the-counter supplements are recommended:

- Duroferon® (100 mg)
- Niferex® capsule (100 mg)

Avoid taking iron supplements with foods that hinder iron absorption, such as milk, coffee, tea, chocolate, cereals, fiber products, and coarse grains.

Common side effects:

Gastrointestinal problems are common but harmless. These include loose or hard stools, nausea and an upset stomach. The symptoms usually disappear after some time of use.

There are a number of different health food supplements containing iron available, if Duroferon® or Niferex® cause too many side effects. These health food supplements are not covered by the pharmaceutical benefit, but may be less irritating to the stomach lining and therefore worth trying.

If you find it difficult to get the right dose of iron, ask a midwife at the Midwifery Clinic (Barnmorskemottagningen) for advice.

For those treated with Levaxin® (levothyroxine)

Note that iron supplements should not be taken at the same time as Levaxin®, as iron reduces the absorption of thyroxine. If you take both Levaxin® and iron supplements – allow at least two hours between doses.