

## Iron Supplementation: We must change our practice. LESS IS MORE.

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Iron deficiency anaemia (IDA) is a common problem and I was glad to see a publication on iron supplementation in your journal.<sup>1</sup> This is a very important topic and nurses frequently prescribe or recommend iron supplementation to patients. I would like to draw your attention to recent developments in the prescription of oral iron therapy.

Until recently, 150 to 200 mg of elemental iron was recommended as a daily dose for treatment of IDA in patients suited to oral iron replacement therapy.<sup>2</sup> It is important to note that the guideline for the oral treatment of iron deficiency anaemia has recently been changed. The recommended oral iron replacement dose and frequency is now 150 to 200 mg (non-enteric coated) elemental iron every other day (Monday, Wednesday and Friday) rather than 150 to 200 mg every day.<sup>3,4</sup> Alternate day iron supplementation has been shown to have better absorption and has fewer side-effects compared to daily dosing.<sup>5</sup>

It remains to be seen what the efficacy of alternate daily iron will be out of the clinical trial setting. I hope that patients will tolerate the less frequent dose better with the same efficacy, resulting in improved compliance and better patient outcome.

### References

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