

An information leaflet for patients who have been advised that they may need intravenous iron (ferric derisomaltose)

What is Ferric Derisomaltose (FDI)?

Ferric derisomaltose (FDI) is an iron preparation that is used to treat iron deficiency anaemia and is given as a drip into the vein (infusion).

It is used for treating iron deficiency when oral iron preparations are not working or when there is a need to improve iron levels quickly.

Why do we give IV iron?

FDI is usually given when your blood tests have shown that your haemoglobin (red blood cells) and ferritin (iron stores) are low. It has been advised that FDI should be given to you as an alternative to oral iron as it is either not working or you have suffered side effects.

Iron plays a key role in the formation of red blood cells and enabling them to carry oxygen around the body. A lack of iron can make you feel tired, dizzy, short of breath and unable to sleep. It can also lead to dry skin and hair loss. It is therefore important to correct this.

Where do we give FDI?

FDI is administered on our day unit. The exact location of your infusions will be detailed on your appointment letter. It will be administered intravenously by a qualified nurse.

Iron tablets should be stopped for 5 days before and after the administration of intravenous iron.

How do we administer FDI?

Before receiving FDI, a healthcare professional will insert a cannula into a vein. It will then be flushed with sodium chloride to ensure that it is in the vein properly. This may feel cool but should not be painful. Please let staff know if you experience any pain.

FDI is a brown coloured liquid in a bag which will be attached to your cannula via a long tube and programmed via an electronic pump to be infused over a period of 15-30 minutes.

Your observations such as blood pressure, heart rate, respiratory rate and temperature will be taken before and after the infusion. A 30 minute observation period will follow to ensure there are no immediate adverse effects.

If there are no other reasons for you to remain in hospital and you feel well, you can be discharged home. You will be able to drive home and travel on public transport without someone needing to be with you.

Information for Patients

Are there any risks?

FDI is usually very safe but like all medications there can be some unwanted side effects.

The most common side effects reported are nausea, rash and injection site reactions (1-10%). On rare occasions, fluid may leak out of the cannula (the needle that is inserted into your vein) and cause long-term discolouration or staining of your skin. Very rarely, a significant reaction called an anaphylactic reaction may occur.

If you feel unwell during your treatment or experience pain at the site of the infusion, please tell a member of staff immediately.

Following your iron infusion if you feel unwell you should contact your GP, 111 or local emergency department. You will need to inform them of the iron infusion and inform your consultant or clinical nurse specialist at your next appointment.

When should FDI not be given?

FDI should not be given if you have had an allergic reaction to FDI in the past or any other intravenous iron preparation. It should also not be given if you are in the first trimester of pregnancy, have known iron overload (excess iron) or any medical conditions which means your liver does not function as it should.

Please inform your doctor or nurse if you have a history of severe allergic reaction to any other medication or if you have any current infections.

Will I need any follow up?

You may be asked to return to the hospital over the next few weeks or months to have blood tests taken to ensure your iron levels have improved. Your doctor or nurse will be able to advise when this should be done.

Please contact your clinical nurse specialist for any additional information you may require. Otherwise, discuss with your doctor at your next clinic appointment. Day unit staff should be able to answer questions you may have on the day of your treatment.

Department address and contact information:

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If you require this information in another format, such as a different language, large print, braille or audio version please ask a member of staff or email patientexperience@uhb.nhs.uk.