How is Anaemia Treated?

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<strong>Diet</strong><br><br>

A good balanced diet is vital to make sure you receive enough iron. <br>

The most easily absorbed iron comes from red meat, fish and poultry. However, other vegetarian options exist, including lentis, fortified cereals and green leafy vegetables, such as spinach. <br><br>

Vitamin C can help your body to absorb iron from food; this is found in orange juice and other fruits and vegetables. <br><br>

Some foods can reduce your ability to absorb iron, so should be avoided around the time you eat iron-rich foods and/or take your iron tablets. These include tea, coffee and foods containing calcium, such as milk and other dairy products and alternatives, some seeds, pulses and vegetables, and many multi-vitamin tablets. <br><br>

<strong>Iron Tablets</strong> <br><br>

Oral iron tablets are very effective at replacing the iron needed for haemoglobin levels to rise. Some iron tablets can also come with folic acid and Vitamin C, which helps with the absorption of iron from the gut. <br><br>

The recommended tablets for treating iron deficiency anaemia are ferrous sulphate tablets. How well these iron tablets work is greatly affected by how they are taken. The best way to maximise their effectiveness is to take a tablet with orange juice one hour before meals. Of you don’t drink orange juice, then another drink containing Vitamin C will also work. Your midwife or doctor will be able to advise you on alternative drinks. <br><br>

Your GP or midwife will give you further guidance on how many iron tablets to take per day.

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