

[Home](#)

2. Poly Iron

Poly Iron

Generic name: [iron polysaccharide](#) [*l-urn-POL-lee-SAK-ah-ride*]**Brand names:** [Ezfe](#), [Ferrex-150](#), [Hematex](#), [NovaFerrum 50](#), [NovaFerrum Pediatric](#), ... [show all 8 brands](#)**Drug class:** [Iron products](#)[Medically reviewed](#) by Drugs.com on Dec 24, 2024. Written by [Cerner Multum](#).[Uses](#) [Side effects](#) [Warnings](#) [Before taking](#) [Dosage](#) [Interactions](#)

What is Poly Iron?

Poly Iron is a form of the mineral iron. Iron is important for many functions in the body, especially for the transport of oxygen in the blood.

Poly Iron is used to prevent and to treat iron deficiencies and [iron deficiency anemia](#).

Poly Iron is not for use as a general dietary supplement in people with normal iron levels.

Poly Iron may also be used for purposes not listed in this medication guide.

Poly Iron side effects

Get emergency medical help if you have **signs of an allergic reaction**: hives; difficult breathing; swelling of your face, lips, tongue, or throat.

Poly Iron may cause serious side effects. Call your doctor at once if you have:

- bloody or tarry stools; or
- severe stomach pain or cramps.

Common side effects of Poly Iron may include:

- [constipation](#), [diarrhea](#);
- [nausea](#), [upset stomach](#);
- black or dark colored stools; or
- temporary staining of the teeth.

This is not a complete list of side effects and others may occur. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

Related/similar drugs

Venofer

Venofer is used to treat iron deficiency anemia in people with kidney disease.

Learn about side ...

Reviews & ratings

5.0 / 10

[40 Reviews](#)

[View more](#)

FEATURED

Repatha

Repatha (evolocumab) is a PCSK9 inhibitor used to lower high cholesterol alongside dietary changes ...

Reviews & ratings

5.3 / 10

[685 Reviews](#)

[View more](#)

Feraheme

Feraheme infusion is used to treat iron deficiency anemia. Learn about side effects, interactions ...

Reviews & ratings

7.8 / 10

[10 Reviews](#)

[View more](#)

Injectafer

Injectafer is an injectable iron replacement product that is injected into a vein and may be used ...

Reviews & ratings

6.8 / 10

[8 Reviews](#)

...

[View more](#)

Ferrous sulfate

Ferrous sulfate is used to treat iron deficiency anemia. Includes ferrous sulfate side effects ...

Reviews & ratings

5.6 / 10

[47 Reviews](#)

[View more](#)

Warnings

You should not take Poly Iron if you have [hemochromatosis](#), [hemosiderosis](#), or [hemolytic anemia](#).

Keep Poly Iron out of the reach of children. An accidental overdose of iron by a child can be fatal.

Before taking this medicine

You should not take Poly Iron if you have:

- hemochromatosis;
- hemosiderosis; or
- hemolytic [anemia](#).

Do not give this medicine to a child without medical advice.

Tell your doctor if you are pregnant or breastfeeding. Your dose needs may be different during pregnancy or while you are nursing.

How should I take Poly Iron?

Use exactly as directed on the label, or as prescribed by your doctor.

Take Poly Iron on an empty stomach for best results. If [stomach upset](#) occurs, take the medicine with food or after a meal.

Measure **liquid medicine** carefully. Use the dosing syringe provided, or use a medicine dose-measuring device (not a kitchen spoon).

Read and carefully follow any Instructions for Use provided with your medicine. Ask your doctor or pharmacist if you do not understand these instructions.

You will need frequent medical tests.

Do not use Poly Iron to treat iron deficiency anemia without your doctor's advice. Every person with anemia should remain under the care of a doctor.

Store at room temperature away from moisture and heat.

Keep this medicine out of the reach of children. An accidental overdose of iron can be fatal to a child.

 [Detailed Poly Iron dosage information](#)

What happens if I miss a dose?

Take the medicine as soon as you can, but skip the missed dose if it is almost time for your next dose. **Do not** take two doses at one time.

What happens if I overdose?

Seek emergency medical attention or call the Poison Help line at 1-800-222-1222. **An overdose of Poly Iron can be fatal, especially to a child.**

Overdose symptoms may include decreased energy, [fever](#), [vomiting](#), stomach pain, tarry stools, weak pulse, [fast heart rate](#), or seizure (convulsions).

What should I avoid while taking iron polysaccharide?

For at least 2 hours before or 2 hours after you take Poly Iron, avoid:

- milk or other dairy products;
- high-fiber foods (such as whole grains, raw vegetables, or bran);
- coffee, tea;
- cola, chocolate; or
- energy drinks, or other sources of [caffeine](#).

What other drugs will affect Poly Iron?

Some medicines can make Poly Iron much less effective when taken at the same time. If you take any of the following medicines, take your this medicine dose 2 hours before or 2 hours after you take the other medicine:

- an antacid;
- an [antibiotic](#);
- medicine to treat [Parkinson's disease](#); or
- thyroid medication.

This list is not complete. Other drugs may affect Poly Iron, including prescription and over-the-counter medicines, [vitamins](#), and [herbal products](#). Not all possible [drug interactions](#) are listed here.

 [Poly Iron drug interactions](#) (more detail)

Does Poly Iron interact with my other drugs?

Enter medications to view a detailed interaction report using our [Drug Interaction Checker](#).

Poly Iron

+

Enter a drug name

Add

More about Poly Iron (iron polysaccharide)

- [Check interactions](#)
- [Compare alternatives](#)
- [Reviews \(2\)](#)
- [Drug images](#)
- [Side effects](#)
- [Dosage information](#)
- [During pregnancy](#)
- [Drug class: iron products](#)
- [En español](#)

Patient resources

Other brands

[Ferrex-150](#), [Ezfe](#), [Hematex](#), [NovaFerrum Pediatric](#), ... [+5 more](#)

Related treatment guides

- [Iron Deficiency Anemia](#)

Further information

Remember, keep this and all other medicines out of the reach of children, never share your medicines with others, and use this medication only for the indication prescribed.

Always consult your healthcare provider to ensure the information displayed on this page applies to your personal circumstances.

[Medical Disclaimer](#)

Copyright 1996-2025 Cerner Multum, Inc. Version: 3.01.

DRUG STATUS

Availability

OTC Over the counter

Pregnancy & Lactation

 Risk data available

CSA Schedule*

N/A Not a controlled drug



User Reviews & Ratings

[Review this drug](#)

Images

[Poly-iron 150 150 mg \(CPC 1465\)](#)

Drugs.com Mobile App

Access drug & treatment information, identify pills, check interactions and set up personal medication records.



About

[About Drugs.com](#)
[Advertising policy](#)
[Attribution & citations](#)

Terms & privacy

[Terms of use](#)
[Editorial policy](#)
[Privacy policy](#)

Support

[Help center](#)
[Sitemap](#)
[Contact us](#)



[Subscribe to our newsletter](#) for the latest medication news, new drug approvals and FDA alerts.

Drugs.com provides accurate and independent information on more than 24,000 prescription drugs, over-the-counter medicines and natural products. This material is provided for educational purposes only and is not intended for medical advice, diagnosis or treatment.

Data sources include Micromedex (updated 7 Apr 2025), Cerner Multum™ (updated 13 Apr 2025), ASHP (updated 10 Apr 2025) and others.



Copyright © 2000-2025 Drugs.com. All rights reserved.