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2. Ferrous gluconate

Ferrous gluconate

Generic name: ferrous gluconate [*FER-us-GLOO-koe-nate*]

Brand names: [Fergon](#), [Ferate](#), Ferralet, Simron

Dosage form: oral tablet (240 mg; 324 mg)

Drug class: [Iron products](#)



[Medically reviewed](#) by Drugs.com on Aug 1, 2023. Written by [Cerner Multum](#).

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What is ferrous gluconate?

Ferrous gluconate is a type of iron. You normally get iron from the foods you eat. In your body, iron becomes a part of your hemoglobin (HEEM o glo bin) and myoglobin (MY o glo bin). Hemoglobin carries oxygen through your blood to tissues and organs. Myoglobin helps your muscle cells store oxygen.

Ferrous gluconate is used to treat or prevent [iron deficiency anemia](#) (a lack of red blood cells caused by having too little iron in the body).

Ferrous gluconate may also be used for purposes not listed in this medication guide.

Ferrous gluconate side effects

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

Ferrous gluconate may cause serious side effects. Call your doctor at once if you have:

- bright red blood in your stools;
- black or tarry stools;
- a fever;
- stomach pain;
- coughing up blood or vomit that looks like coffee grounds; or
- pain in your chest or throat when swallowing a ferrous gluconate tablet.

Common side effects of ferrous gluconate may include:

- [constipation](#), diarrhea;

- nausea, vomiting, stomach pain;
- loss of appetite;
- green-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.

 [Ferrous gluconate side effects](#) (more detail)

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Warnings

You should not use ferrous gluconate if you have [hemochromatosis](#), [hemosiderosis](#), or [hemolytic anemia](#).

Before taking this medicine

You should not use ferrous gluconate if you are allergic to it, or if you have:

- [iron overload](#) disorder (hemochromatosis, hemosiderosis); or
- hemolytic anemia (caused by the breakdown of red blood cells).

To make sure ferrous gluconate is safe for you, tell your doctor if you have ever had:

- [ulcerative colitis](#);
- stomach ulcers or similar stomach problems;
- [thalassemia](#) (a genetic disorder of red blood cells); or
- if you receive regular blood transfusions.

Ask a doctor before using this medicine if you are pregnant or breast-feeding. Your dose needs may be different during pregnancy or while you are nursing.

Ferrous gluconate is not approved for use by anyone younger than 18 years old.

How should I take ferrous gluconate?

Use this medication exactly as directed on the label, or as prescribed by your doctor. Do not use it in larger amounts or for longer than recommended.

Take ferrous gluconate on an empty stomach, at least 1 hour before or 2 hours after a meal.

Ferrous gluconate may be taken with food if it upsets your stomach.

Take ferrous gluconate with a full glass of water or juice.

Measure **liquid medicine** with the dosing syringe provided, or with a special dose-measuring spoon or medicine cup. If you do not have a dose-measuring device, ask your pharmacist for one.

Do not crush, chew, or break an **extended-release tablet**. Swallow the pill whole.

Ferrous gluconate can stain your teeth, but this effect is temporary. To prevent tooth staining, mix the liquid form of ferrous gluconate with water or fruit juice (not with milk) and drink the mixture through a straw. You may also clean your teeth with baking soda once per week to treat any tooth staining.

Ferrous gluconate may be only part of a complete program of treatment that also includes a special diet. Follow the diet plan created for you by your doctor or nutrition counselor. Get familiar with the list of foods you should eat to make sure you get enough iron in your diet.

Store at room temperature, away from moisture and heat.

Ferrous gluconate dosing information

Usual Adult Dose for Iron Deficiency Anemia:

Initial dose: 960 mg/day ferrous gluconate (120 mg/day elemental iron) for 3 months

-Give in divided doses (1 to 3 times daily)

Usual Adult Dose for Vitamin/Mineral Supplementation:

Initial dose: 1 tablet orally three to four times a day

or

Initial dose: 48 to 144 mg/day ferrous gluconate (6 to 18 mg/day elemental iron) orally, in divided doses (1 to 3 times daily)

51 and over: 40 to 64 mg/day ferrous gluconate (5 to 8 mg/day elemental) orally, in divided doses (1 to 3 times daily)

Usual Adult Dose for Anemia Associated with Chronic Renal Failure:

Initial dose: 1600 mg/day ferrous gluconate (200 mg/day elemental iron) orally in divided doses (1 to 3 times daily)

Comments:

-If goals are not met with oral iron after 1 to 3 months, consider IV iron supplementation.

-Smaller daily doses may be better tolerated

Usual Pediatric Dose for Iron Deficiency Anemia:

0 to 5 years: 24 to 48 mg/kg/day ferrous gluconate (3 to 6 mg/kg/day elemental iron)

5 to 12 years: 480 mg ferrous gluconate (60 mg/day elemental)

12 to 18 years male: 480 mg ferrous gluconate (60 mg elemental) orally daily

12 to 18 years female: 480 to 960 mg/day ferrous gluconate (60 to 120 mg/day elemental)

-Give in divided doses (1 to 3 times daily)

Usual Pediatric Dose for Vitamin/Mineral Supplementation:

Preterm infant (less than 37 weeks gestation), 0 to 12 months: 16 mg/kg/day ferrous gluconate (2 mg/kg/day elemental iron)

0 to 6 months: 1.6 to 2.16 mg/day ferrous gluconate (0.2 to 0.27 mg/day elemental)

7 to 12 months: 56 to 88 mg/day ferrous gluconate (7 to 11 mg/day elemental)

1 to 3 years: 32 to 72 mg/day ferrous gluconate (4 to 9 mg/day elemental)

4 to 8 years: 32 to 80 mg/day ferrous gluconate (4 to 10 mg/day elemental)

9 to 13 years: 48 to 64 mg/day ferrous gluconate (6 to 8 mg/day elemental)

14 to 18 years: 64 to 120 mg/day ferrous gluconate (8 to 15 mg/day elemental)

-Give in divided doses (1 to 3 times daily)

 [Detailed Ferrous gluconate dosage information](#)

What happens if I miss a dose?

Take the missed dose as soon as you remember. Skip the missed dose if it is almost time for your next scheduled dose.

Do not take extra medicine to make up the missed dose.

What happens if I overdose?

Seek emergency medical attention or call the Poison Help line at 1-800-222-1222 if you think you have used too much of ferrous gluconate, or if a child has accidentally swallowed it. **An overdose of ferrous gluconate can be fatal to a child.**

Overdose symptoms may include drowsiness, severe nausea or stomach pain, vomiting, bloody diarrhea, coughing up blood or vomit that looks like coffee grounds, shallow breathing, weak and rapid pulse, cold or clammy skin, blue lips, and seizure (convulsions).

What should I avoid while taking ferrous gluconate?

Ask your doctor before using any vitamin or mineral supplement, or an antacid. Use only the type of antacid or supplements that your doctor recommends. Some minerals or antacids can make it harder for your body to absorb ferrous gluconate.

Avoid taking antacids or [antibiotics](#) within 2 hours before or 2 hours after taking ferrous gluconate. This is especially important if you take:

- [ciprofloxacin](#), [levofloxacin](#), [lomefloxacin](#), [norfloxacin](#), ofloxacin; or
- [demeclocycline](#), [doxycycline](#), [minocycline](#), or [tetracycline](#).

Certain foods can also make it harder for your body to absorb ferrous gluconate. Avoid taking this medicine within 1 hour before or 2 hours after eating fish, meat, liver, and whole grain or "fortified" breads or cereals.

What other drugs will affect ferrous gluconate?

Other drugs may interact with ferrous gluconate, including prescription and over-the-counter medicines, vitamins, and [herbal products](#). Tell your doctor about all your current medicines and any medicine you start or stop using.

 [Ferrous gluconate drug interactions](#) (more detail)

Does ferrous gluconate interact with my other drugs?

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

ferrous gluconate

+

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Patient resources

Other brands

[Fergon](#), [Ferate](#)

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- [Iron Deficiency Anemia](#)
- [Anemia Due to Chronic Kidney Disease](#)
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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.

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DRUG STATUS

Availability
 Rx and/or OTC

Pregnancy & Lactation
 Risk data available

CSA Schedule*
N/A Not a controlled drug



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