



FERACCRU® (ferric maltol)

This leaflet is for patients
who have been prescribed
Feraccru

Your questions
answered for
treatment of iron
deficiency and iron
deficiency anaemia

Please also read the
Patient Information Leaflet
contained inside the carton.

Why is iron important?

- The iron from your food (e.g. in meat or dark-green leafy vegetables) is used to build a substance called haemoglobin, which is an important part of red blood cells.
- The haemoglobin in red blood cells is needed to carry oxygen around your body.
- When your body's iron levels are low it cannot build as many red blood cells as it needs, and your ability to carry oxygen around your body becomes limited.
- This means you may experience some symptoms such as tiredness, weakness, headache, dizziness, noticeable heartbeats (palpitations) and shortness of breath.

Side effects of low iron

Head: headache, dizziness, problems with memory or concentration, depression

Respiratory system: shortness of breath during exercise

Reproductive system: period problems, erectile dysfunction, less interest in sex

Heart: noticeable heartbeats, fast heart rate

Stomach and intestines: diarrhoea, constipation, indigestion, feeling sick, loss of appetite

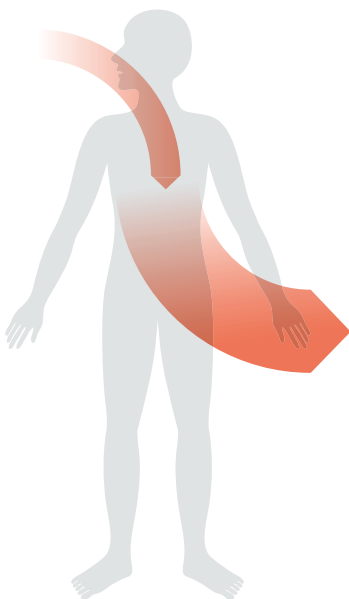
Circulatory system: paleness; tingling of legs, hands or feet; low body temperature

Other: feeling tired, reduced ability to exercise, weakness, weight loss, reduced ability to fight off illness and infection

What causes ID/IDA*?

ID/IDA is a common condition, and a lot of people don't know they have it. ID/IDA can occur due to the body not being able to absorb enough iron from your diet (low uptake or lack of iron in the diet), or due to the excess loss of iron from the body.

- ID/IDA has many causes, but what is common between them is that you are losing more iron than you are taking in, lowering your iron levels.
- If your iron levels are low it could be due to heavy blood loss, e.g. heavy periods, or due to chronic conditions such as:
 - inflammatory bowel disease (IBD) where gut inflammation and irritation prevents adequate iron absorption.
 - chronic kidney disease (CKD) where inflammation prevents adequate iron uptake.
- Sometimes the cause is not known and your doctor may ask further questions or arrange tests to investigate.
- You take in iron from your food, so having a poor diet could also cause you to have low iron levels.
- IDA is a more severe form of ID where your iron levels are too low for your body to build as many red blood cells as it needs.



*Iron deficiency/Iron deficiency anaemia

Why have I been prescribed this treatment?

- You have been prescribed it because you have ID/IDA*. Feraccru is a capsule containing iron that is used to treat adults with ID/IDA.
- Having ID/IDA means that your body has too little iron available to build new red blood cells and your normal daily activities may be affected.
- When your ID/IDA is treated you should have more energy, allowing you to do everyday activities to help you feel like yourself again.



Not to scale.



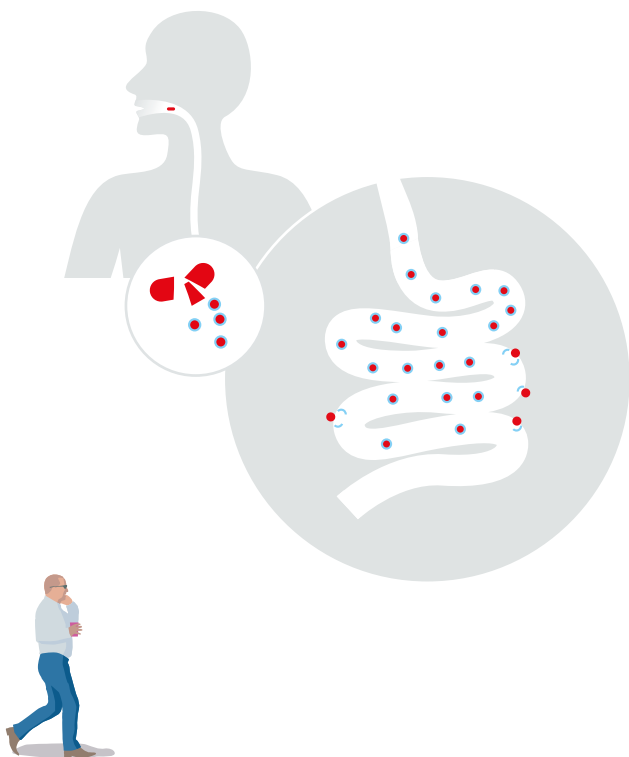
How is this treatment different from other iron treatments?

Iron can be given by mouth e.g. capsules/tablets/liquid or by injections.

Your doctor might have prescribed you other iron supplements before. If so, you may be wondering why you should take these oral iron treatments.

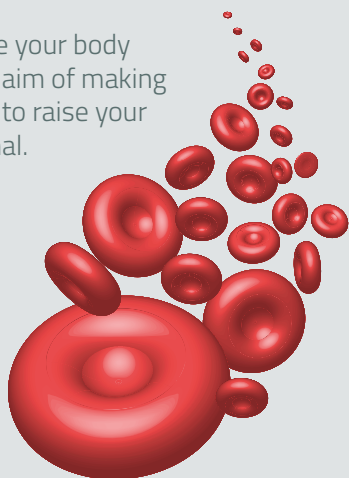
Feraccru contains ferric maltol, which is a different form of oral iron.

Iron is only released and taken in when it reaches the gut wall.

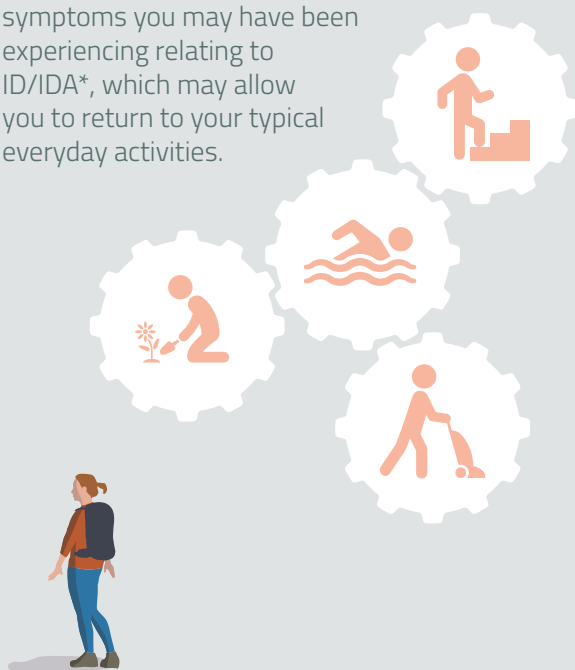


How can this treatment help me?

These capsules give your body extra iron, with the aim of making more haemoglobin to raise your levels back to normal.



Normalising your iron stores should improve any symptoms you may have been experiencing relating to ID/IDA*, which may allow you to return to your typical everyday activities.



Treatment advice

When to take it

- Feraccru is simple to take – one capsule twice a day, (one in the morning and one in the evening). Each capsule should be taken on an empty stomach **(one hour before a meal or at least two hours after a meal)** with half a glass of water.

How to take it

- It should be swallowed whole – do not crush or dissolve it.

What to know before taking it

- Always take it exactly as your doctor has told you. Also, you should read the Patient Information Leaflet before taking it. This can be found in the box the bottle comes in.
- If you lose the Patient Information Leaflet, contact your doctor, nurse or pharmacist, or email medinfo@norgine.com to get another one. This is also available on www.medicines.org.uk/emc.
- If you have inflammatory bowel disease (IBD), you should not take this treatment if you are having an IBD flare.



Not to scale.

What about side effects?

- As with all medicines, when taking this treatment you might experience some side effects.
- The most common side effects are flatulence (wind), constipation, stomach pain or bloating, diarrhoea, discoloured faeces (poo changing colour) and feeling sick.



Please refer to the Patient Information Leaflet for more information about the treatment and its side effects.

Reporting of side effects in the United Kingdom

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at [**www.mhra.gov.uk/yellowcard**](http://www.mhra.gov.uk/yellowcard).

By reporting side effects you can help provide more information on the safety of this medicine. **Norgine** Adverse events should also be reported to Medical Information at Norgine Pharmaceuticals on +44 1895 826606 or E-mail: [**medinfo@norgine.com**](mailto:medinfo@norgine.com)

How do I store my medicine?

Where to store it

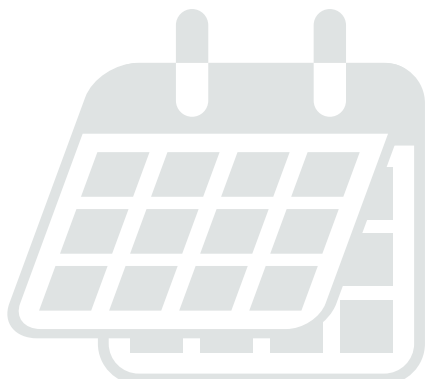
- Keep this medicine out of the sight and reach of children. Also, do not store the capsules above 25°C.

How long to store it for

- Once the bottle is opened the capsules should be used with 45 days.

What to do if it expires

- Do not use this medicine after the expiry date which is stated on the carton after EXP: The expiry date refers to the last day of that month. Please take it to your local pharmacy.



What happens when I stop taking my treatment?

- You might be asked to have regular blood tests even after you have stopped taking it. These blood tests will check your haemoglobin levels to see if your ID/IDA* has come back. If it has come back you may need to take Feraccru again.
- You should tell your doctor or nurse if any symptoms come back. Use the table below to keep track of any appointments and things you want to tell your doctor or nurse.

Appointment reminders

<i>Next appointment</i>	<i>Notes</i>
	Example: Remember to ask doctor about haemoglobin levels.

Frequently asked questions

What if I forget to take a dose?

Skip the missed dose and take the next one as usual – do not take a double dose to make up for the forgotten dose.

What if I take too much?

If you take too much you should contact your doctor straight away. Taking too much can make you feel sick, and cause vomiting, stomach pain and diarrhoea.

Can I take other tablets that contain iron at the same time?

If you have been prescribed other iron tablets before, do not take them when taking this treatment. You should also tell your doctor if you normally take multivitamins or other iron supplements. This is because it's important not to take too much iron.

How long do I need to take this treatment for?

You will need to take it for as long as it takes to get your iron stores back to normal. This usually takes at least 12 weeks. Your doctor will tell you when to stop taking it. This is usually based on blood tests.

Is Feraccru suitable for vegans or vegetarians?

No. Feraccru contains lactose and gelatin of bovine (beef) origin, so is not suitable for vegans or vegetarians.

Can I take this if I am pregnant or breastfeeding?

Yes. Feraccru may be considered during pregnancy if necessary and can be used during breastfeeding if clinically needed.

Key points

Why have I been prescribed Feraccru?

You have been prescribed it because you have ID/IDA*. Having ID/IDA means that your body has too little iron available to build haemoglobin and new red blood cells, affecting the amount of energy you have.

How can it help me?

The capsules give your body extra iron, with the aim of making more haemoglobin to raise your levels back to normal.

How is Feraccru different from other oral irons?

It contains ferric maltol, which is a different form of iron from other oral irons. This means that iron is only released and taken in when it reaches the gut wall.

How do I take it?

Feraccru is simple to take – one capsule twice a day, (one in the morning and one in the evening). Each capsule should be taken on an empty stomach (**one hour before a meal or at least two hours after a meal**) with half a glass of water.

Remember, swallow the capsule whole.

*Iron deficiency/Iron deficiency anaemia

For more details, please refer to the patient information leaflet or contact your doctor, pharmacist or nurse.

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For more information on
Feraccru and IDA* please visit
www.ironmatters.co.uk

