

Oral Iron Vs Intravenous Iron Sucrose

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Introduction

Iron deficiency anaemia is one of the most commonly encountered problem in clinical practice. It is associated with poor concentration span, poor quality of life and low energy levels. Treatment options include blood transfusion, oral iron, intravenous iron replacement with iron sucrose. Among them intravenous therapy with iron sucrose has been shown to improve anaemia quickly and effectively.

Aim to study

It is to compare the efficacy of oral iron vs iron sucrose infusion in the treatment of iron deficiency.

Material and methods

We compare the efficiency of iron sucrose, given as 1gm divided i.v doses over 6wks with that of oral iron as ferrous sulphate (elemental iron 60mg/tab)

200gm, 2tab per day in patients with Hb < 10gm/dl with 25 patients in each group.

Results

The proportion of patients achieving the primary outcome was greater in i.v iron replacement group [66.35% vs 33.7%] than with oral iron therapy. Other outcome measures: No adverse effects in patients with i.v iron sucrose except mild allergic reactions in 2 patients. We also observed that patients with CKD showed a greater decline in GFR in oral iron treatment group. Patients with chronic medical disorders like hypothyroidism, connective tissue disorders showed improvement with iron sucrose treatment.

Conclusion

Iron sucrose treatment has known to be safe and effective for quick correction of anaemia. Adverse effects in patients with CKD and chronic medical disorders can be overcome. With careful selection of patients and individualised treatment plan, this most common clinical problem can be managed effectively.