

## Iron Infusion Costs

### First Consultation –

If you are a new patient to our practice or usually see a doctor other than Dr Jill Maxwell you will need to make an appointment with Dr Jill Maxwell to discuss the iron infusion process and determine that an iron infusion is the best option for you. Please bring your recent blood test results with you to this appointment.

The cost of this consultation will be \$148. If you are covered by Medicare you will be able to receive a Medicare rebate of \$73.95.\*\*

### On the Day of your Iron Infusion -

The cost of an iron infusion at Adelaide City General Practice is \$275 which is made up of a \$225 fee for the consultation and procedure, plus a \$50 facility fee to cover the cost of materials.\*\*

You will need to pay the account in full on the day.

If you are covered by Medicare you will be able to receive a Medicare rebate of \$108.85.

\*\*Fees are subject to change without notice



Iron infusions at Adelaide City General Practice are conducted by Professor Bernard Pearn-Rowe, B.Sc, (Hons), M.B.B.S., FAMA.

Professor Pearn-Rowe was born in Sydney and qualified in London at the Middlesex Hospital Medical School, before returning to Australia in the '70s. He has practised as a GP in suburban Perth since then, and he has a number of special interests including the investigation and treatment of Chronic Fatigue Syndrome, and the investigation and treatment of defects in iron metabolism. He has been Chairman of the Western Australian faculty of the Royal Australian College of General Practitioners, and President of the Western Australian AMA. He was foundation Chair of Western Australian GP Education and Training, and is the foundation Professor of the University of Notre Dame Australia, School of Medicine in Fremantle. He is currently Convenor of the Federal AMA Council of General Practice.



Adelaide City  
General Practice

## IRON DEFICIENCY

and

## IRON INFUSIONS

### Information Brochure

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## Iron Deficiency

Iron deficiency is very common in Australia, and the symptoms include loss of vitality, loss of energy, and loss of stamina. There is also evidence to suggest that iron deficiency may lead to impairment of the immune system, and to emotional disorders such as depression.

The richest source of iron in our diet is red meat, but many people do not eat enough red meat to maintain adequate iron stores.

Even with a diet that is rich in red meat, few people would be able to absorb more than about 2 mg of iron per day. Yet in iron deficiency, it is very common to identify patients who are deficient of iron to the extent of 1000-1500mg. Using the rule of thumb of 2 mg per day, it would take years to correct that deficiency. Eating green vegetables and taking iron supplements by mouth do not increase the rate at which iron is absorbed.

## Iron Infusions - Benefits

If your doctor identifies you as having an iron deficiency, an iron infusion is one of the easiest treatments available. The full amount of iron that you need is given intravenously over about an hour. No blood or blood products are used.

## Iron Infusions - Side Effects

Side-effects from iron infusions are uncommon, but there is always a small risk of an adverse reaction like an allergy. Adelaide City General Practice is properly equipped with appropriate drugs and equipment to deal effectively and quickly with an allergy, should it occur.

Other side effects you might experience for up to 2 days after the infusion include:

- Temporary changes in taste (metallic)
- Headache, feeling sick or vomiting
- Muscle and joint pain
- Shortness of breath
- Itchiness, rash
- Changes to blood pressure or pulse
- Burning and swelling at injection site

## Before you have IV iron – tell your doctor if you:

- Are pregnant or trying to get pregnant
- Have a history of asthma, eczema or other allergies
- Have had a reaction to any type of iron injection or infusion in the past
- Have a history of high iron levels, haemochromatosis or liver problems
- Are on any medications (including over the counter or herbal supplements)

## On the day of your Iron Infusion

- Have your regular breakfast/meals
- Drink plenty of fluid
- Take all your regular medications
- Allow 1 hour for the procedure
- You can drive home after the infusion and resume usual activities (unless there is an unexpected reaction)