

Understanding Iron Deficiency & Treatment

Effect Doctors Iron Infusion Patient Information & Treatment Guide

Thank you for choosing Effect Doctors. We look forward to looking after you. Our mission is to provide tailored, one-to-one care in a premium, medically safe environment. All of our services are administered by GMC-registered doctors and NMC-registered nurses with extensive clinical experience. Our two lead Doctors are Consultant Anaesthetists.



CQC REGISTERED
CONCIERGE SERVICE



FOUNDED BY
ANAESTHETIC
CONSULTANTS



CARE DELIVERED BY GMC
REGISTERED DOCTORS &
NMC REGISTERED NURSES



WHY YOUR BODY NEEDS IRON

Understand the vital role iron plays in your energy, health and wellbeing.



WHEN AN INFUSION MAY HELP

Explore the signs of iron deficiency and how an infusion can make a difference.



WHAT TO EXPECT

A step-by-step guide to your treatment journey, from consultation to recovery



YOU ARE IN EXPERT HANDS

Clinically led care from an experienced team, focused on your comfort, safety and results.



020 7305 7608



info@effectdoctors.com



effectdoctors.com

OUR CLINIC LOCATIONS



SOHO CLINIC
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THE VILLAGE
Westfield London
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Why Does My Body Need Iron?



Iron is essential for producing haemoglobin, the protein inside your red blood cells that transports oxygen from your lungs to the rest of your body. It also supports oxygen storage within your muscles and is vital for normal energy production.

When your iron levels drop, it can significantly impact your daily life, causing:

- Extreme fatigue and low energy
- Low mood, poor concentration, and irritability
- Reduced exercise tolerance and shortness of breath
- Hair thinning or excessive shedding
- Brittle, weak nails or spoon-shaped nails

If your iron levels drop significantly, haemoglobin production is compromised, leading to Iron Deficiency Anaemia (IDA). In this state, your body cannot produce enough healthy red blood cells to carry oxygen efficiently.

Why Might I Need an Iron Infusion?



While oral iron supplements (tablets or liquids) are typically the first-line treatment, they are not effective for everyone. An intravenous (IV) iron infusion is highly recommended and appropriate if:

- Oral iron causes unmanageable side effects (such as nausea, severe constipation, or abdominal discomfort).
- Iron is not adequately absorbed in your gut due to conditions like Coeliac or Crohn's disease.
- Your iron levels have failed to improve despite taking oral supplements consistently.
- You require a rapid correction of your iron deficiency or are severely symptomatic.

Iron infusions are only offered when blood tests confirm an iron deficiency and our clinical team determines that IV iron is appropriate. Treatment suitability is always assessed on a case-by-case basis.

Blood Test Values



Treatment suitability is assessed case-by-case by our clinical team based on the following biomarkers:

- Ferritin: This is a marker of your stores of iron. Less than 30µg/L indicates absolute deficiency. Optimal levels are greater than 100µg/L. We evaluate on case by case basis and do also consider treating symptomatic iron deficiency at higher values.
- A raised CRP can falsely elevate Ferritin; iron deficiency can still coexist with a "normal" Ferritin in inflammatory states.
- Transferrin Saturation (TSAT): Less than 20% signifies an active deficit where the circulating iron supply cannot meet baseline red blood cell production requirements.
- Total Iron-Binding Capacity (TIBC): Greater than >72 µmol/L indicates upregulated transferrin production due to depleted stores.
- Haemoglobin (Hb): Patients with Hb < 100g/L will require higher, weight-dependent dosing.

The Effect Doctors Difference: Our Advanced Formulations



Unlike traditional clinics that offer restrictive or older iron treatments and set dosing protocols, we individualise your dose based on your blood results, body weight, symptoms, and clinical needs.

Our clinic uses Monofer® (Ferric derisomaltose), this iron has been selected due to its safety profile and greatly reduced risk of hypophosphataemia.

A single infusion is usually sufficient to fully replenish most patients. Though in rare cases of severe anaemia two infusions may be required.



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What to Expect During Your Infusion

"Intravenous" or "IV" simply means delivering medication directly into your bloodstream through a vein.



01

PLACEMENT

A Doctor will place a small, sterile cannula into a vein in your hand or arm.

02

DELIVERY

The iron is mixed with a sterile saline solution and slowly infused via an IV bag.

03

TIME

The infusion process typically takes one hour, including our consultation, administration and routine pre- & post-treatment checks.

NEXT STEPS

If needed, our medical team will advise you on the necessary investigations to identify why your iron levels are low. Following your treatment, we will guide you on when to repeat your blood tests to check your progress and, if appropriate, advise you on when to start taking oral iron supplements.

Are Iron Infusions Safe?

Iron infusions are generally very well tolerated, and serious adverse events are exceedingly rare.

- **Common/Mild Symptoms:** Fewer than 1 in 100 patients may experience mild, short-lived effects such as a headache, temporary dizziness, flushing, nausea, slight muscle aches, or minor discomfort/bruising at the cannula site.

- **Skin Staining:** There is a very small risk of skin staining which is usually temporary if iron fluid leaks outside the vein. Our Doctors utilise expert cannulation techniques and only add the iron to the drip once the cannula position is confirmed to be completely secure and correctly sited.
- **Other Reactions:** Extremely rarely, a severe allergic reaction or skin reaction can occur. For your absolute peace of mind, all infusions are delivered by experienced doctors in medical premises fully equipped with immediate access to oxygen and emergency resuscitation facilities.



Are They Safe in Pregnancy?



Yes, iron infusions are considered safe and are routinely used during the second and third trimesters of pregnancy. Having healthy iron levels is crucial to ensure your baby gets enough oxygen to grow properly.

While oral iron is preferred first, an infusion can be utilised if your deficiency is severe or oral tablets fail. We coordinate this alongside your primary maternity care providers to meet best-practice standards.

Preparing for Your Appointment



There is no special preparation or fasting required for an iron infusion. On the day:

- Eat your meals as normal (have your usual breakfast or lunch).
- Take all of your regular prescription medications.
- Drink plenty of fluids: Being well-hydrated plumps up your veins, making cannulation much easier and more comfortable.
- The vast majority of patients are capable of driving home, returning to work, or enjoying a light workout immediately after your session.



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When will I feel the benefits of my infusion?



You will feel maximal benefits within 4 weeks. While that is the peak timeframe, the timeline for feeling a difference usually unfolds in stages.

During the first week, you might only notice a slight immediate improvement. By weeks two and three, your body starts actively using the iron to operate more effectively and build new red blood cells.

This often brings a noticeable lift in your energy levels and a reduction in symptoms like shortness of breath or brain fog.

By the fourth week, your haemoglobin levels typically stabilise and reach their peak, allowing you to experience the full physical stamina and relief from chronic fatigue that the infusion is designed to provide.

Aftercare & Follow-Up



If the underlying cause of your iron deficiency is ongoing (e.g., heavy periods), your doctor may advise you to start a low-dose maintenance oral iron supplement about 1–2 weeks after your infusion to keep your stores topped up. If your full replacement dose was met and there is no ongoing loss, further oral iron won't be needed.

We recommend booking a follow-up iron panel blood test 8–12 weeks post-infusion to track your long-term response. Before you leave, our team will provide you with a direct contact number for any questions and hand you any required follow-up request forms.

Pricing & Flexible Payment

- Rapid 15-Minute Iron Deficiency Test: £50 (if you proceed to an infusion, the £50 cost will be fully discounted from your treatment).
- Comprehensive Iron Profile Blood Test: £150 (£50 of this is also deductible from the cost of your iron infusion if you proceed with it)
- In-Clinic Doctor-Led Iron Infusion: 500mg is £500 to 1000mg is £895 (the price depends on your weight and the total dose of iron your body requires). It is very rare to need >1000mg. If this is required it would incur an elevated charge.
- Should you wish to have your infusion at home, the price for a Doctor outcall to central London is an additional £600.

Payment & Insurance: We accept self-payment via all major cards, and you can also choose to spread the cost of your treatment smoothly using Klarna. If you have private medical insurance, your policy may cover the treatment; you will pay Effect Doctors directly and we will provide the receipts needed to claim this back from your provider (check your insurance companies terms and conditions).

Book Your Appointment Today

Our clinics are open daily with convenient appointment slots available.

Have a question about your treatment, recovery, or care plan?

You can message us on WhatsApp at any time to connect directly with our expert team of Doctors. Whether you need quick reassurance or detailed guidance, we're always here to support you.



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