

Dear Colleagues,

Iron deficiency anaemia, often linked to inadequate intake or chronic blood loss, requires more than just iron replacement therapy - addressing the root causes is key to effective treatment.

To improve medication compliance and patient outcomes, the British Society of Gastroenterology1 recommends once-daily iron dosing. This approach enhances absorption, reduces side effects, and ensures better results. Additionally, separating iron doses from tea or coffee and encouraging iron-rich foods like leafy greens can further support therapy.

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| **Activity: Medicine Optimisation** | |
| **What is the activity?** | * Prescribing iron once daily |
| **Benefits of the activity (for GP surgery, staff, patients, community and environment):** | * Improves patient compliance * Enhances absorption and minimises side effects * Reduces GP appointments due to fewer side effects * Lowers the number of tablets prescribed, saving costs * Reduces the carbon footprint |
| **How to carry out the activity?** | * Encourage clinicians to prescribe once-daily iron * Advise patients on optimal ways to take iron tablets |
| **How will success be measured?** | * Conduct an audit and re-audit of iron prescriptions |

**Useful Resources:**

1. [British Society of Gastroenterology guidelines](https://www.bsg.org.uk/clinical-resource/guidelines-for-the-management-of-iron-deficiency-anaemia/)
2. [Sustainable practice: Sustainable prescribing of iron replacement therapy](https://www.bmj.com/content/383/bmj-2023-075741.long)
3. <https://www.nhs.uk/conditions/vitamins-and-minerals/iron/>