

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
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| **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
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| **How to carry out the activity?**  | * Encourage clinicians to prescribe once-daily iron
* Advise patients on optimal ways to take iron tablets
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| **How will success be measured?**  | * Conduct an audit and re-audit of iron prescriptions
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**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/>