



Galfer Syrup

(ferrous fumarate)

Important information about Galfer Syrup

- This medicine is used to treat and prevent low levels of iron in the blood due to simple anaemia.
- It can be taken by adults and children.

Talk to your doctor....

- If you are **male**. See section 2.
- Children under 12 and infant dose needs to be decided by the doctor. See section 3.

Do not use....

- If you already have other problems with your blood or stomach. See section 2.

Now read the rest of the leaflet before you use this medicine. It includes other information which might be especially important for you.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need any more information or advice.
- If any of the side effects gets serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

1. What the medicine is for

Galfer Syrup contains ferrous fumarate which is used to replace low levels of iron in the blood. It is used to treat and prevent anaemia caused by iron deficiency.

2. Before you use this medicine

Do not use the medicine if you or your child have....

- An **allergy** to any of the ingredients listed in section 6.
- Other **problems with iron in the blood** (including conditions that lead to iron building up in soft tissues, or problems with red blood cells).
- A **stomach ulcer** or other **stomach or bowel problem**.
- Had **repeated blood transfusions** in the past.
- **Anaemia not related to low levels of iron before**.
- Are currently **having iron injections**.
- Or are taking dimercaprol for metal poisoning.

Talk to your doctor if you or your child have....

- A history of stomach ulcers.
- Had part or all of the stomach removed.
- Vitamin deficiency particularly vitamin B12 or folic acid.
- An intolerance to some sugars, or have been diagnosed with hereditary fructose intolerance (HFI), a rare genetic disorder in which a person cannot break down fructose (sorbitol is a source of fructose).
- Or are a **male**, as iron deficiency is less common in men than women, and the causes may need investigating further by the doctor.

Talk to your doctor or pharmacist if you or your child are taking....

- Antibiotics for infections such as tetracyclines (e.g. oxytetracycline), chloramphenicol or fluoroquinolones (e.g. ciprofloxacin).
- Penicillamine for arthritis.

continued....

- Indigestion remedies, calcium, magnesium, zinc and other mineral supplements.
- Colestyramine mainly used for high cholesterol.

Talk to your doctor or pharmacist if you or your child are taking(continued)

- Levodopa, carbidopa or entacapone for Parkinsons Disease.
- Bisphosphonates for osteoporosis.
- Trientine for Wilsons Disease.
- Methylidopa for high blood pressure.
- Mycophenolate for rheumatic disease.
- Levothyroxine for thyroid problems.
- People having tests on stool samples should tell the doctor as this medicine may turn stools black and effect test results.

Pregnant or breastfeeding....

You can take Galfer Syrup when pregnant or breastfeeding. Talk to your doctor first before using the medicine particularly if you are in the first 3 months of pregnancy. You may also need to take folic acid.

Children under 12 years....

The doctor will decide how much your child needs to take and how often. Talk to your doctor or pharmacist if you have not been told how much to give your child.

Important information about some of the ingredients This medicine contains....

- less than 1mmol sodium (23mg) per 10ml dose, that is to say essentially 'sodium-free'.
- 10g of liquid maltitol per 10ml dose (calorific value 2.3kcal/g). This may have a mild laxative effect.

- 800mg sorbitol in each 10ml dose. Sorbitol is a source of fructose, patients with rare hereditary fructose intolerance (HFI) should not take/be given this medicinal product.
- sodium hydroxybenzoates and 1.3micrograms benzyl alcohol which may cause allergic reactions (possibly delayed). Do not use for more than a week in young children (less than 3 years old), unless advised by your doctor or pharmacist. Benzyl alcohol has been linked with the risk of severe side effects including breathing problems (called "gasping syndrome") in young children. Ask your doctor or pharmacist for advice if you are pregnant, breast-feeding or have a liver or kidney disease (as large amounts of benzyl alcohol can build up in your body and may cause side effects (called "metabolic acidosis")).
- 5.2 micrograms of sodium benzoate in each 10ml dose.
- sulfites which may cause severe hypersensitivity reactions and bronchospasm.

3. How to use this medicine

Important things you need to know first....

- Take this medicine before meals on an empty stomach if possible. If Galfer Syrup upsets your stomach, take it with or after food.
- Some foods such as tea, eggs and milk may reduce the amount of iron absorbed by the body. Check with the doctor or pharmacist about which foods to avoid.
- Galfer Syrup may make your stools darker than usual. This is a normal effect of medicines containing iron.
- Galfer Syrup may blacken the teeth. To help prevent this, rinse your mouth with water after taking.

- Vitamin C and drinks containing citric acid may increase the amount of Iron absorbed.
- If your symptoms have not started to improve after 28 days, you should ask your doctor for advice.
- Treatment should not normally carry on for more than 3 months after the iron deficiency has been corrected. Your doctor will advise you when to stop.

Dosage

Take this medicine by mouth
Adults, the elderly and children over 12 years:

- **To prevent iron deficiency** take two 5ml spoonfuls once a day.
- **To treat iron deficiency** take two 5ml spoonfuls once or twice a day.

Children under 12 and infants

- The doctor will decide how much to give your child. Follow the instructions on the pharmacist's label.
- Prolonged use in children should be supervised by the doctor, as excessive use may lead to dangerous levels of iron in the blood.

If you forget a dose

Take the next dose as soon as you remember. You can then carry on with the next dose at the correct time.

Do not take a double dose to make up for the one missed.

If you take too much

If you accidentally take too much, see a doctor **immediately**. Take the pack with you to show which medicine you have swallowed.

4. Possible side effects

Like all medicines, Galfer Syrup can have side effects, although these don't affect everyone.

Important side effects:

If you think you have any of the following side effects or symptoms, stop using this medicine immediately and see a doctor as soon as possible.

- Allergic reactions which cause difficulty in breathing, fever, swelling of the mouth, lips or skin, severe rashes, itching or stomach pain.

Other possible side effects are:

- Loss of appetite.
- Nausea and sickness.
- Stomach discomfort.
- Constipation particularly in the elderly.
- Diarrhoea particularly in those with bowel complaints.
- Darkening of the stools.
- Blackening of the teeth.

If you notice any of these side effects which are usually mild, tell your doctor or pharmacist.

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the yellow card scheme at www.mhra.gov.uk/yellowcard or search for 'MHRA Yellow Card' in the Google Play or Apple App Store.

By reporting side effects you can help provide more information on the safety of this medicine.

5. Storing this medicine

- **This product contains Iron, keep it out of the sight and reach of children as overdose may be fatal.**
- Store in a cool place.
- Do not use after the expiry date shown on the carton. The expiry date refers to the last day of that month. Use within one month of first opening.

- Medicine should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of any unused medicine. These measures will help to protect the environment.

6. Further information

What is in this medicine

The active ingredient per 5ml is:

Ferrous fumarate 140mg (equivalent to 45mg of elemental iron)

The other ingredients are:

Aluminium magnesium silicate, sodium parahydroxybenzoates (E219, E215, (sulfites), citric acid (E330), liquid maltitol (containing maltitol (E965) and sorbitol (E420)), chocolate flavour (milk, ethanol, propylene glycol (E1520), benzyl alcohol (E1519), sodium benzoate (E211)), peppermint flavour (propylene glycol (E1520), benzyl alcohol (E1519)) and purified water.

What the medicine looks like

Galfer Syrup is a thick brown liquid with a minty chocolate flavour.

It is supplied in 300ml bottles.

Marketing authorisation holder and manufacturer

Thornton and Ross Ltd., Huddersfield, HD7 5QH, UK.

This leaflet was last revised in July 2020

Galfer is a trade mark of Thornton and Ross Ltd.