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ANEMIA

Women may develop a mildly decreased blood count, also known as anemia.

When anemia occurs in pregnancy IGO physicians recommend that you take an over-the-counter iron supplement. Iron is available in many forms. Commonly found supplements are ferrous sulfate and ferrous gluconate which will give you 45-65 mg of elemental iron and are available at drug stores and supermarkets. By taking your iron supplement with vitamin C or orange juice, your body will absorb up to 30% more iron.

If you have problems with constipation or stomach upset after taking ferrous sulfate, ask your pharmacist about the slow-release forms that are available for an additional cost. While taking any iron supplement, your bowel movements will become black. This is no cause for alarm.

In addition to taking an iron supplement, you may wish to increase the number of iron-containing foods in your diet. Here is a partial list of those foods that are rich in iron.

Eggs	Fish	Liver	Meat
Poultry	Whole Grains	Green leafy vegetables	Almonds
Enriched bread, cereal	Avocados	Blackstrap molasses	Beets
Brewer's yeast	Dates	Kidney and lima beans	Lentils
Peaches	Pears	Dried prunes	Raisins
Rice and wheat bran	Sesame seeds	Soybeans	Watercress

If you have any questions, please feel free to contact our office.