

Be careful!

Keep your iron pills out of reach of children. It only takes a few iron pills to kill a small child.

If your child swallows any iron pills:

Call 911 or Poison Control right away at 1-800-876-4766.

Take only the iron pills your health care provider tells you that you need:

- If you take more than one pill, take each pill 3 or 4 hours apart.
- Do not take iron at the same time as your prenatal vitamins.
- Do not take iron with milk, yogurt, cheese, or other milk foods.
- Try to take iron between meals.
- Do not stop taking the iron without telling your doctor.

Call your health care provider and ask for advice:

- **If you vomit or feel sick to your stomach.** You may need to take your iron pills with food or at bedtime. You may want to use time released iron.
- **If you get diarrhea.** You may need to take less iron.
- **If you get constipated.** It's a good idea to eat high fiber foods. Drink more fluids. Or ask about a stool softener.

