

# **Iron Deficiency Anemia and Pregnancy**

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The information in this worksheet will help you to resolve iron deficiency before labor and delivery. Studies have shown that treating iron deficiency leads to healthier moms and babies.

The recommended daily oral regimen:

325 mg of ferrous sulfate  
250 mg of vitamin C  
a standard daily prenatal vitamin

Some women experience gastrointestinal side effects such as constipation, nausea, and diarrhea. If you would consider stopping your iron supplementation because of these side effects, another option is a daily helping of blackstrap molasses, one tablespoon per day.

This regimen should be continued for 2 months after delivery.

Precautions:

DO NOT take your iron at the same time as the following foods, medications, or supplements:

Dairy products  
Coffee and tea  
Spinach  
Soy products  
Grains, seeds, legumes like lentils and beans  
Calcium and magnesium supplements  
Levothyroxine (thyroid medication)  
proton pump inhibitors like Protonix and Prilosec

What are the iron-rich foods?

Clams/oysters  
Liver, beef, shrimp  
Enriched breakfast cereals  
Beans and lentils

If these foods are not part of your regular diet, this is not a problem. Taking an iron supplement as mentioned will provide the iron required by the pregnancy.

Foods that increase dietary iron absorption can also help:

Orange juice and grapefruit  
Strawberries, broccoli, peppers

