

# GALFER CAPSULES 305mg

PAGE 1



To treat and prevent anaemia caused by iron deficiency.

**Adults and children over 12 years:**  
**Prevention:** Take 1 capsule a day.  
**Treatment:** Take 1 capsule twice a day.  
**Do not** give to children under 12 years unless your doctor tells you to.

**Active ingredient per capsule:** ferrous fumarate 305mg.

**Peel where shown for precautions.**  
 MA holder and distributor: Thornton & Ross Ltd.,  
 Huddersfield, HD7 5QH, UK. PL 00240/0104

**Important warning: Contains iron. Keep out of the reach and sight of children as overdose may be fatal.**

Store in a cool place. PM/01/732  
 Keep container tightly closed. 24344007

**250 capsules**

**Read all 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 Capsules are used to treat and prevent anaemia caused by iron deficiency. They contain iron in the form of ferrous fumarate.

## 2. Before you use this medicine

### ❗ Do not use the medicine if you 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).

PAGE 2

- 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**.
- Are currently having **dimercaprol injections** for **treatment of metal poisoning**.
- Or are **under 12 years old**.

**⚠ Talk to your doctor if you have....**

- A history of stomach ulcers.
- Had part or all of the stomach removed.
- Vitamin deficiency particularly vitamin B12 or folic acid.
- 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 are taking....

- Antibiotics for infections such as neomycin, tetracyclines (e.g. oxytetracycline), chloramphenicol or fluoroquinolones (e.g. ciprofloxacin).
- Penicillamine for arthritis.
- Indigestion remedies, antacids, calcium supplements and zinc.
- Colestyramine mainly used for high cholesterol.
- Levodopa, carbidopa or entacapone for Parkinson's Disease.
- Levothyroxine for treatment of low thyroid hormone.
- Bisphosphonates for osteoporosis.
- Trientine for Wilson's Disease.
- Methyldopa for high blood pressure.
- People having tests on stool samples should tell the doctor as this medicine may turn stools black and affect test results.

PAGE 3

**⚠ Pregnant or breastfeeding....**

Ask your doctor for advice before using this medicine if you are pregnant, might be pregnant or are breastfeeding. Do not take Galfer Capsules during the first 3 months of pregnancy unless the doctor has told you to do so. You may also need to take Folic Acid during your pregnancy. Your doctor will advise you about this.

- Galfer Capsules can be taken during breastfeeding if the doctor thinks it necessary.

**⚠ Driving and using machines....**

Galfer Capsules do not affect your ability to drive or use machines.

## 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 Capsules upset your stomach, take them 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 Capsules may make your stools darker than usual. This is a normal effect of medicines containing iron.
- 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.
- Use of Galfer Capsules in children should also be under medical supervision. Prolonged use in children may lead to toxic accumulation of iron and needs to be carefully controlled by the doctor.

PM/01/732  
24344007

**Turn over** ➡

PAGE 4

**❗ Adults and children over 12 years**

**Prevention** of iron deficiency

- Take one capsule a day.

**Treatment** of iron deficiency

- Take one capsule twice a day.

**❗ Children under 12 years**

**Do not** give to children under 12 unless your doctor tells you to.

**⚠ If you take too many**

If you accidentally take too many, see a doctor **immediately** as an overdose may be fatal. Take the pack with you to show which medicine you have swallowed.

### ⚠ 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.

## 4. Possible side effects

Like all medicines, Galfer Capsules 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.

PAGE 5

**Other possible side effects are:**

- Loss of appetite • Nausea and sickness • Stomach discomfort
- Constipation • Diarrhoea • Darkening of the stools • Accumulation of iron in body cells.
- Constipation may be more pronounced in the elderly.
- Diarrhoea may be more pronounced in people with inflammatory bowel disease, eg. IBS, colitis or diverticulitis.

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

**5. Storing this medicine**

- This product contains iron. Keep it out of the reach and sight of children as an overdose may be fatal.
- Store in a cool place.
- Keep container tightly closed.
- Do not use after the expiry date shown on the label.

## 6. Further information

**The active ingredient per tablet is:** ferrous fumarate 305mg (equivalent to 100mg elemental iron).

**The other ingredients are:** gelatin, quinoline yellow (E104), indigotine (E132), titanium dioxide (E171), erythrosine (E127). Galfer Capsules are red and green capsules with 'Galfer' printed on them. They are supplied in tubs of 100 and 250.

**Manufacturer:** Custom Pharmaceuticals Ltd., Conway Street, Hove, East Sussex, BN3 3LW.

**This leaflet was revised in January 2014.**

Galfer is a Trade Mark of Thornton & Ross Ltd