

## **Iron Supplement in Pregnancy**

Your blood tests showed that you are low on iron. Iron is needed for making red blood cells - something you need to do lots of during pregnancy. It is very common to become low on iron during pregnancy.

You can get iron from eating red meat, fish, poultry, and iron-fortified grains. In addition to this, we recommend you take an iron supplement every day until after you have your baby, or until you have a blood test that shows you have enough iron.

It is difficult for our bodies to absorb iron. To make sure you absorb it so that your body can use it, take it on an empty stomach with a 1/2 cup of orange juice or 250mg of vitamin C. It can be taken every other day, or Monday/Wednesday/Friday.