IRON THERAPY IN IRON DEFICIENCY ANEMIA IN PREGNANCY : INTRAVENOUS ROUTE VERSUS ORAL ROUTE

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ABSTRACT

Objective : *(1) The aim of this study was to compare intravenous iron (sucrose) versus oral iron (Fumarate) in anemia at 24-30 weeks gestation. (2) To avoid blood transfusion in pregnant women with iron deficiency anaemia who cannot use oral iron preparation.*

Study design : *A randomized prospective open study with individual benefit was performed involving 64 patients with hemoglobin level below 10 g/dL and pregnant between 24-30 weeks gestation, in the intravenous group (IV group), the iron dose was calculated from the following formula: weight (kg) x (target hemoglobin-actual hemoglobin) x 0.24 + 500 mg. The oral group (PO group) received 240 mg of Ferrous Fumarate per day in 2 divided doses for 4 weeks. Treatment efficacy was assessed by measurement of hemoglobin on days 15 and 30, reticalocyte on days 15 and 30, and serum Ferritin, MCV, MCH 30 days after treatment. Results were expressed as mean ± SD. Data were statistically analyzed through SPSS Program for Window (Standard Version 10, 1999). Using Paired T-Sample Test. The P-value considered significant at $P < 0.05$.*

Results : *An increase in hemoglobin was observed, rising from 9.13 ± 0.45 g/dL to 11.27 ± 0.56 g/dL on day 30 in the IV group and from 9.17 ± 0.47 g/dL to 10.32 ± 0.48 on day 30 in the PO group (significant $P > 0.001$). On days 15 and 30 the reticulocyte was less in IV group than PO group (significant $P > 0.01$). On day 30 serum Ferritin was significant and higher (P*