

Our Mission

South Coast Medical is committed to providing its patients with a high standard of care for the benefit of each patient's health and wellbeing.

Our Philosophy

Our aim is to give patients the highest possible quality of care, by ensuring excellence in all aspects of our practice. We endeavour to provide patients with the best and most current treatments, methods, materials and equipment within our resource capabilities to ensure that the patients receive the high quality of service they have come to expect.

South Coast Medical is locally owned by 3 General Practitioners and has over 18 doctors working at our GP clinics. We are proud to have been trusted and involved health care providers in the lives of our local community for over 38 years.



How to make an appointment.

To make an appointment for an Intravenous Iron Infusion, please contact one of our fully accredited South Coast Medical clinics located in Blairgowrie, Dromana, Rosebud and Rye.

Blairgowrie

**2841 Point Nepean Road
Blairgowrie VIC 3942
Phone: 03 5988 8604**

Dromana

**Shop 1, 241-271 Point Nepean Road
Dromana VIC 3936
Phone: 03 5981 4300**

Rosebud

**1533 Point Nepean Road
Rosebud VIC 3939
Phone: 03 5986 2155**

Rye

**2 Ozone Street
Rye VIC 3941
Phone: 03 5985 7776**

www.scmc.com.au

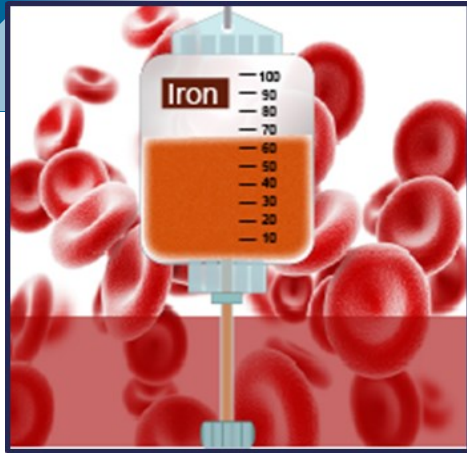


Intravenous (IV) Iron Infusion Information



So why is iron so important for health?

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Why is Iron Important?

Iron is essential for the body to make Haemoglobin (Hb), a pigment that makes red blood cells red. If you do not have enough iron, your body cannot make enough Hb and the level falls below normal. Haemoglobin is important as it carries oxygen from the lungs to the rest of the body. If your Hb or iron levels are low this may make you feel tired and not able to carry out your normal routine

What is an Iron Infusion?

The most common way to treat iron deficiency is to take iron by mouth tablet or liquid form. This works well for most people and is usually tried first. Iron Infusion might be needed if you are:

- ⇒ Unable to tolerate iron taken by mouth
- ⇒ Unable to absorb iron through the gut
- ⇒ Not responding to iron tablets

“Intravenous” or “IV” means giving something directly into the blood stream of the body through a vein. Iron Infusion is used to replenish your body’s low iron level. The procedure is done at our clinic. Your treatment time will be approximately 45 minutes.

Before you have an Iron Infusion

Your doctor will talk to you before your treatment and check your full medical history and medications. However please notify your doctor if you are pregnant or trying to get pregnant (IV iron should be avoided in the first trimester in pregnancy).

Possible Side Effects of Iron Infusion

With all medicines, they can cause side effects. The most common are:

- Headache
- Dizziness
- Nausea
- Pain in the stomach
- Diarrhoea
- Constipation
- Skin reaction where injection was given

These generally settle down by themselves over the next few days. Long-lasting brown discoloration (staining) of the skin may occur due to leakage of the drug into the tissues around the injection site. This may be permanent.

Inform staff IMMEDIATELY if there is ANY discomfort, burning, redness or swelling at the injection site. Severe side effects (e.g. a serious allergic reaction) are rare. You will be closely monitored for any signs of these during (and for at least 30 minutes after) the infusion by nursing staff.

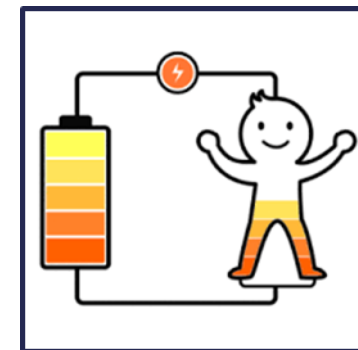


Day of Iron Infusion and what happens after the Infusion

- ⇒ You do not need to fast for an Iron Infusion
- ⇒ Take all of your regular medications
- ⇒ You can drive home after the Iron Infusion and resume usual activities (unless there is an unexpected reaction)

The time taken for your levels to improve varies. It will depend on how low your Iron and Hb levels are and how efficient your body is to make new red blood cells.

Some people report improvement within 24-48 hours, some up to a week. Your doctor will monitor your Iron/Hb levels to ensure you are responding and the amount is within the right range.



Fees

The cost of the Iron Infusion is billed an Item 36 and is rebateable from Medicare.

Medical consumables used as part of your treatment attract a separate fee of \$110.00. This out of pocket expense is not claimable from your Private Health Fund or Medicare.