

Preventing anaemia in pregnancy and after the birth of baby

One in five women in Ayrshire and Arran are diagnosed with iron deficiency anaemia at their first antenatal appointment.

Taking your iron on **A**lternative week days is the **N**ew recommendation. This will **A**lleviate tiredness and increase **E**nergy. Taking iron on a **M**onday, Wednesday and Friday is now the best way of taking **I**ron for **A** healthier mum and baby.

Mums should take one tablet three times per week, on an empty stomach with orange juice.



For more information, please ask your midwife or contact
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