**IV Iron Infusion**

**For Sleep Disorders**

**Why does my child need an IV iron infusion?**

Iron is very important for healthy brain and body function. Anemia is the most common problem seen when there are low iron levels in the body, but other symptoms can be seen with low iron before the levels are low enough to cause anemia.

If your child has a sleep disorder like Restless Legs Syndrome (RLS), Periodic Leg Movements of Sleep (PLMS), or Restless Sleep Disorder (RSD), low iron levels can make their symptoms worse.

We treat these disorders with an oral iron supplement. Oral means your child takes it by mouth. But if your child has major side effects to oral iron, is unable to take it, or has been taking it for quite some time without improvement in blood iron levels, an IV (intravenous) iron infusion may be an option. IV infusion means it’s given through a small tube in your child’s vein.

**If an IV iron infusion is recommended:**

If your sleep provider recommends IV iron infusion for your child, these steps will take place:

1. We will schedule you for an online (Zoom) appointment with our IV iron expert to talk about the infusion process, risks, benefits, and other options that may be available for your child. We also want to be sure you and your family understand the procedure and the follow up.

2. After that visit, you will have an appointment at one of our SCH infusion centers. When you call to make the appointment, you will be able to select the location for the infusion.

3. Your child will need an online follow-up appointment and labs 8 weeks after the infusion.

**Other important questions you may have about IV Iron Infusion**

**What is the name of the iron used in the infusion?**

The name of the iron infusion is Ferric Carboxymaltose. We will answer any questions you may have about this medicine during your online appointment.

**Your child should not have an IV iron infusion if:**

They have an active infection, inflammation or conditions like mitochondrial disease, hemochromatosis, have traveled to a malaria region, OR cannot sit still for 15 minutes for the infusion.

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**To Learn More**

• Sleep Disorders Center  
  206-987-5072  
  • Ask your child’s healthcare provider  
  • seattlechildrens.org

**Free Interpreter Services**

• In the hospital, ask your nurse.  
• From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.
**Will my child have any pain during the procedure?**

Pain is similar to a blood draw. Because getting an IV involves a needle, it is important to talk with your child about this, so they know what to expect.

**What are the possible side effects?**

Some common side effects are lightheadedness, stomach pain, and/or headache (about 1 in 10 children in our center have these).

Other side effects are low phosphorus level in the blood, skin discoloration, and blood pressure changes. We will talk with you about these and other side effects during your appointment.

**Are there any children at more risks for side effects?**

Yes. If your child has chronic kidney disease, inflammatory bowel disease, or anemia, we will defer to the proper department (nephrology, gastroenterology or hematology) to decide if an iron infusion is recommended.

**Who do I call if my child has a side effect?**

If your child has a side effect or if you have question about the infusion call the Sleep Disorders Center at: 206-987-5072

**How often do we need to repeat the infusion?**

Some children have not required a repeated infusion. If symptoms return, a repeated infusion may be done 4 to 6 months later.

**What can I do to prevent low phosphorus levels after the infusion?**

Low phosphorus tends to occur within 2 weeks of the infusion. We recommend giving your child foods high in phosphorus such as:

- **Dairy products.** Like cheese, milk, cottage cheese and yogurt.
- **Nuts and seeds.** Sunflower seeds, pumpkin seeds and nuts (especially Brazilian nuts). **ONLY for children who can safely eat them.** Those with no allergies or chewing/swallowing difficulties.
- **Bran and cereals**
- **Chicken and turkey**