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Intravenous iron sucrose and oral iron therapy in iron deficiency anemia during pregnancy: A comparative study in Indian population

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Background: Nutritional anemia is one of the major contributory factor in high maternal mortality and morbidity in most of the countries. Iron deficiency is the principle cause for nutritional anemia.

Objective: To compare the efficacy of oral iron therapy with intravenous iron therapy in the treatment of iron deficiency anemia during pregnancy.

Methodology: This comparative study was undertaken at a tertiary care teaching hospital among 110 pregnant anemic patients whose baseline hemoglobin and serum ferritin levels were recorded prior to treatment. The patients were divided into two groups; group A (n=58) received intravenous iron-sucrose and group B (n=52) received oral iron therapy. The patients were followed up for further investigations and side effects.

Results: Out of 110 patients, 50% had mild anemia (10.9-10 gm%), 34.5% patients had moderate anemia (7-9.9 gm%) and 15.5% (6-6.9 gm%) patients had severe anemia. Group A showed statistically significant rise in hemoglobin regardless the severity.

Conclusion: Intravenous iron-sucrose administration increased hemoglobin level and serum ferritin levels more rapidly, without any serious adverse effect in comparison with oral ferrous sulfate in women with iron deficiency anemia in pregnancy.

Biography

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