



# Lions Gate Maternity Clinic

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## Iron Deficiency in Pregnancy

To meet your iron needs throughout pregnancy:

- Choose food sources of iron such as:
  - cooked mussels, clams and oysters
  - beef, lamb, chicken and fish
  - tofu products
  - seeds and nuts
  - dried beans, peas and lentils
  - fortified whole grain cereals
  - dark leafy greens

Eat these iron rich foods with foods that are sources of vitamin C to help iron absorption.

**Iron** helps build new red blood cells and helps them carry oxygen. During pregnancy, the amount of blood you have increases to meet the needs of both you and your baby. The iron you eat while pregnant will help your baby store enough for when she/he is born.

If a member of the LGMC team has told you that you need more iron during your pregnancy:

- 1) You are NOT alone – a large majority of our patients are identified as being iron deficient at some point in their pregnancy.
- 2) There are many available supplements on the market. We prefer PALAFER which is available at most pharmacies. Because it is a higher dose supplement you need to ask the pharmacist to get it for you but do not need a prescription.
- 3) Dosing can be either 1 pill daily or 2 pills every other day.
- 4) If you develop any gut discomfort (bloating, constipation, nausea) then let a member of the LGMC team know and we will recommend an alternative. A few alternatives that can be used include: Ferramax, Proferrin or Bob's Iron (can be found at Pure Pharmacy).

Please let us know at your next appointment if you have any further questions!