



Iron is an essential mineral your body needs to make hemoglobin, the protein in red blood cells that carries oxygen throughout your body. When iron levels are low, many people experience fatigue, weakness, headaches, dizziness, or trouble concentrating. For individuals who don't respond well to oral iron supplements or who have significantly low iron, iron infusions offer a powerful and effective alternative.

## **What Are Iron Infusions?**

Iron infusions are a safe medical procedure where iron is delivered directly into your bloodstream through an IV. This bypasses the digestive system, allowing your body to absorb iron more efficiently and quickly replenish iron stores. Each treatment is administered by our trained medical professionals in a comfortable, monitored setting.

## **Who Can Benefit from an Iron Infusion?**

Iron infusions may be recommended if you have:

- Iron deficiency anemia that isn't improving with oral supplements
- Digestive issues that affect iron absorption
- Heavy menstrual bleeding or chronic blood loss
- Fatigue or symptoms affecting quality of life
- A need to rapidly restore iron before surgery, pregnancy, or athletic training

Our team evaluates each patient individually to determine if an infusion is the right choice based on labs, symptoms, and overall health goals.

## **What to Expect During Treatment**

Iron infusions are typically administered over 15–60 minutes, depending on the formula used. You'll be comfortably seated while your IV is placed, and our staff will monitor you throughout the infusion. Most people can relax, read, or listen to music during their session.

## **Benefits of Iron Infusion Therapy**

- Rapid improvement in iron and ferritin levels
- Increased energy and reduced fatigue
- Improved oxygen delivery and mental clarity
- Ideal for patients who cannot tolerate oral iron supplements

## **Safety and Monitoring**

Your safety is our priority. We review your medical history, medications, and lab results before treatment. During the infusion, you're continuously monitored, and our team is trained to respond to any concerns. Mild side effects like temporary flushing, headache, or nausea can occur, but are uncommon and usually brief.

## **Ready to Feel Stronger?**

If you are located in Clinton, Laurens, Greenwood, Woodruff, Gray Court, Enoree, Fountain Inn, Simpsonville, or surrounding communities and are experiencing symptoms of low iron, iron infusion therapy at ProHealth Center may help restore energy and overall wellness. If fatigue, low iron labs, or anemia are affecting your daily life, an iron infusion might be the solution you've been looking for. Contact ProHealth Center today to schedule a consultation and learn more about how iron infusions can help you feel your best!

## **Iron Infusion FAQs**

### **How long does an iron infusion take?**

Most iron infusion treatments take 15–60 minutes.

### **How soon will I feel results?**

Many patients notice improved energy within 1–2 weeks.

### **Are iron infusions safe?**

Yes. Iron infusions are administered and monitored by trained medical professionals.

### **How many iron infusions will I need?**

This depends on lab values, iron deficiency severity, and individual health needs.

### **Can I return to normal activities?**

Yes. Most patients resume normal activities the same day.