$$M^{n}I_{F}^{k} = I_{F}(M^{n}I_{F}^{k-1}) + (M^{n}I_{F}^{k-1}) \cdot I_{F}$$

"Non-commutative Artin-Rees with s=1".

From Lang's Algebra,
page 429:

We reformulate the Artin-Rees theorem in its original form as follows.

Corollary 5.5. Let A be a Noetherian ring, E a finite A-module, and F a submodule. Let α be an ideal. There exists an integer s such that for all integers $n \ge s$ we have

 $\mathfrak{a}^n E \cap F = \mathfrak{a}^{n-s} (\mathfrak{a}^s E \cap F).$