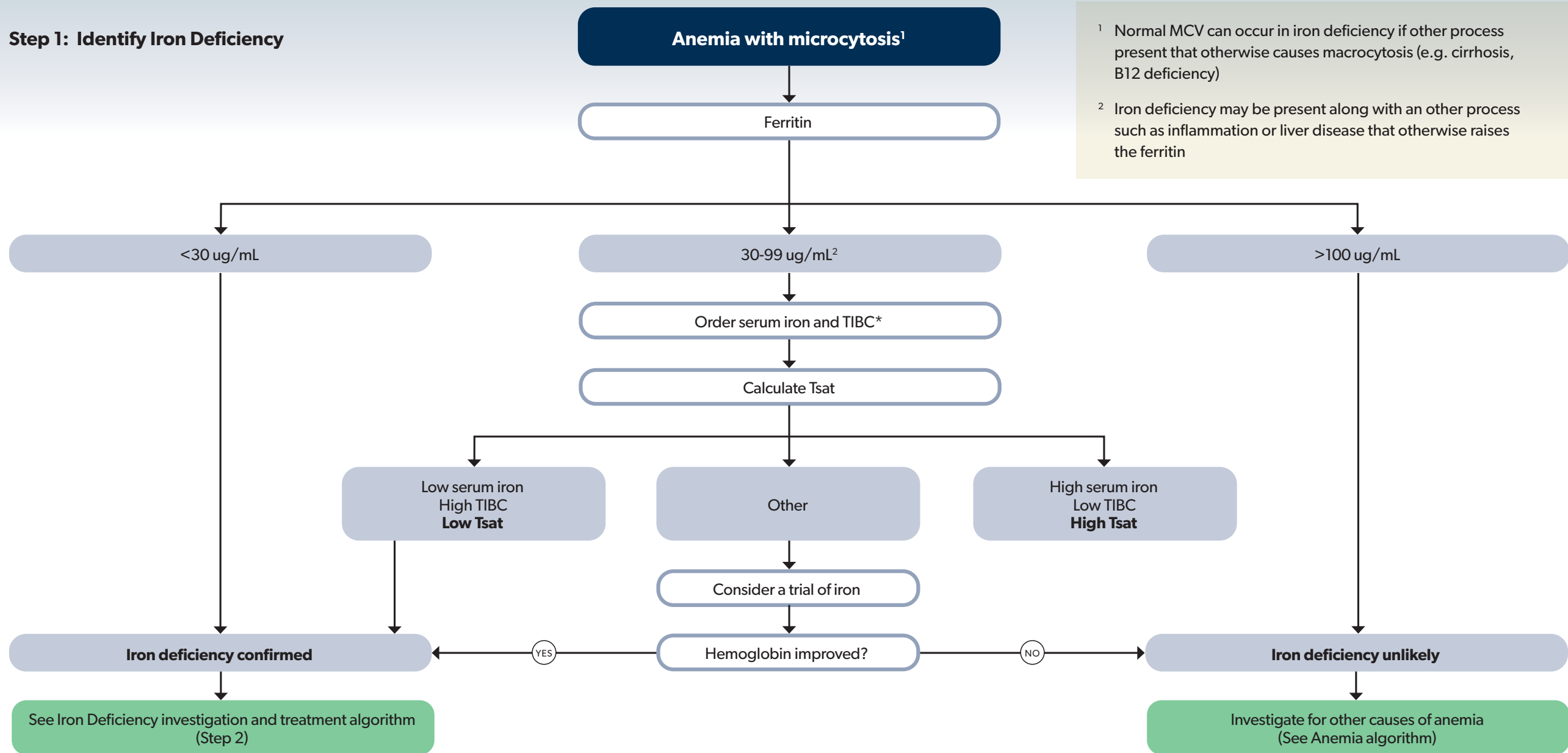


Step 1: Identify Iron Deficiency



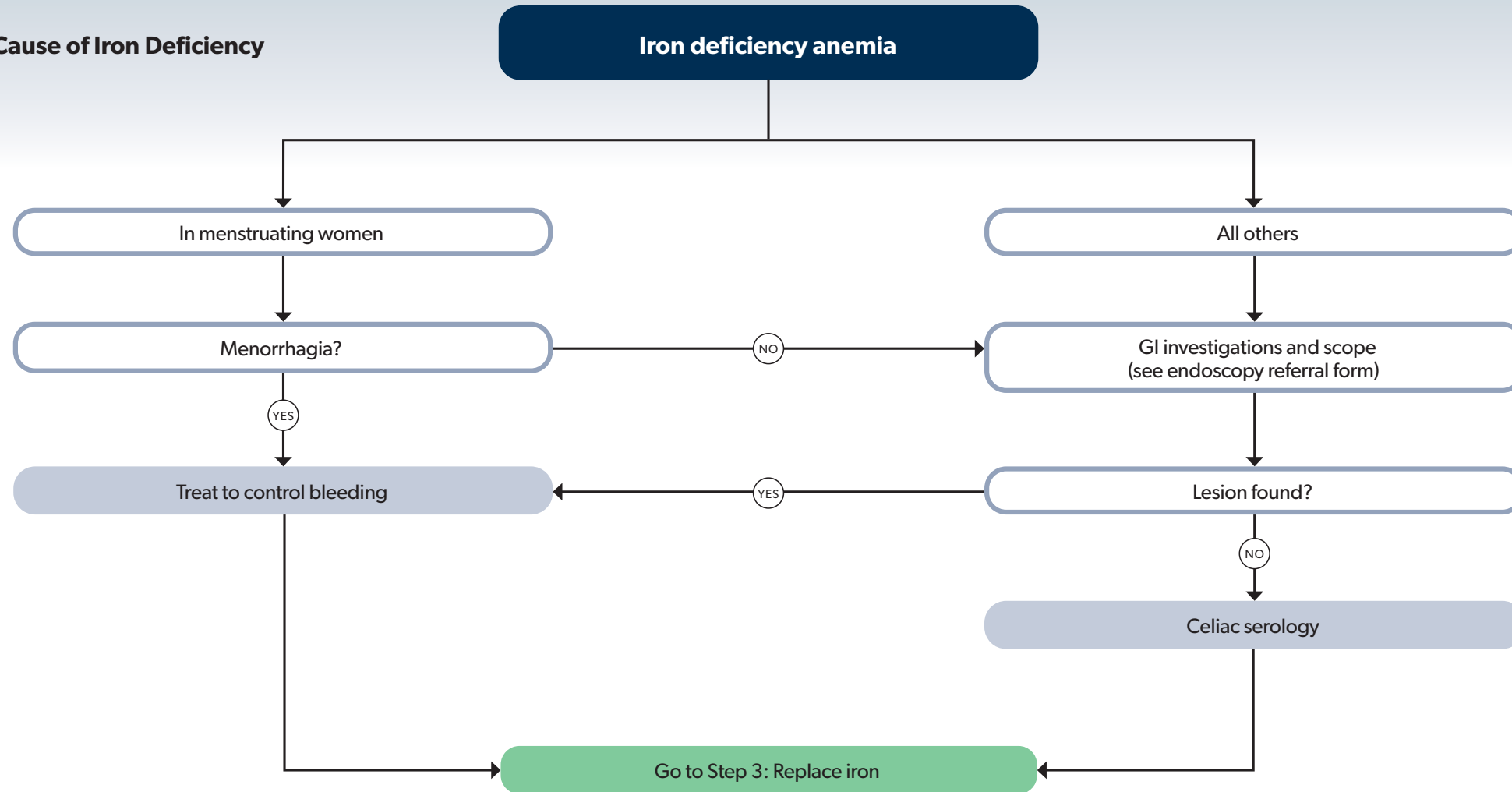
¹ Normal MCV can occur in iron deficiency if other process present that otherwise causes macrocytosis (e.g. cirrhosis, B12 deficiency)
² Iron deficiency may be present along with another process such as inflammation or liver disease that otherwise raises the ferritin

T sat = transferrin saturation (iron / TIBC)
TIBC = total iron binding capacity

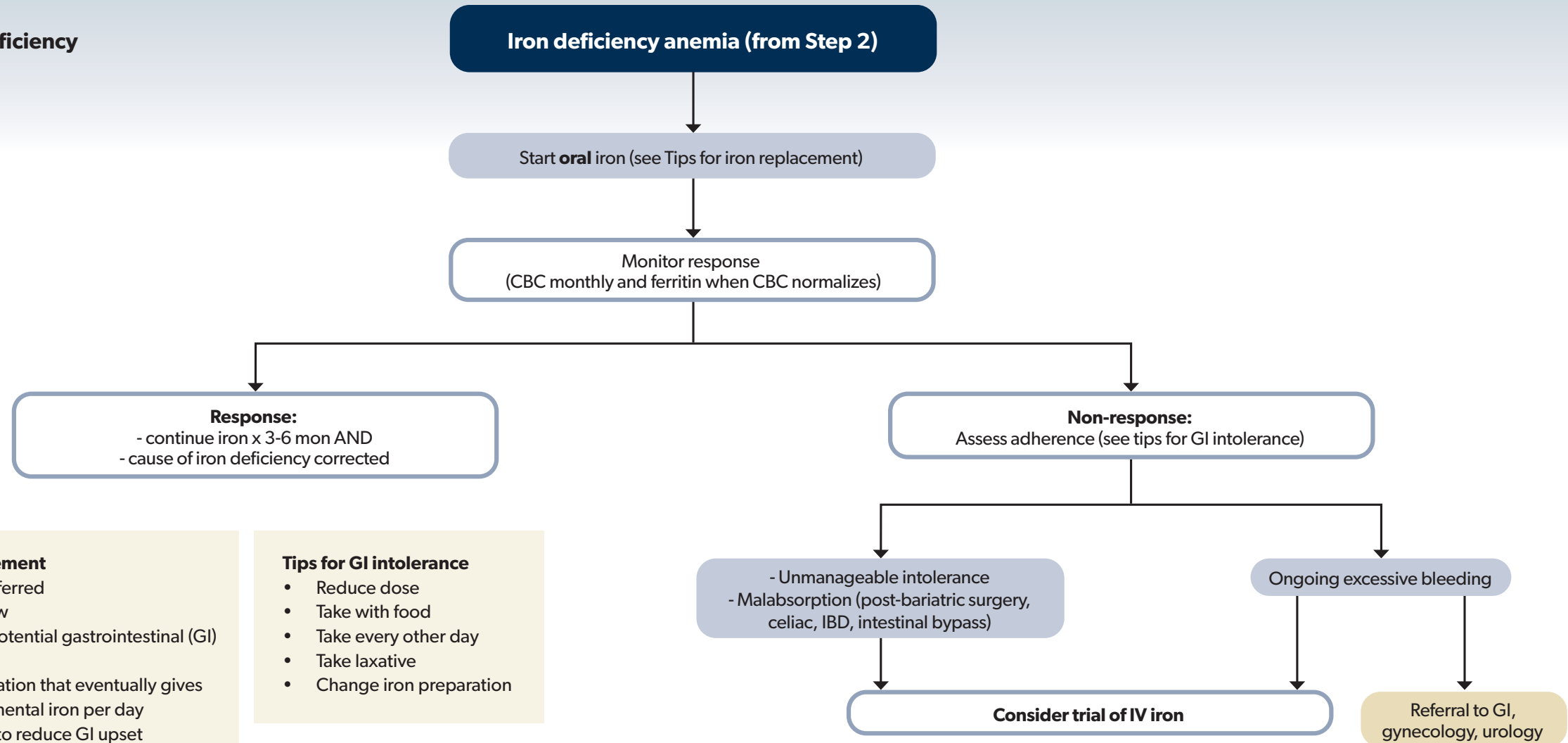
* Fasting sample required

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Pathways are subject to clinical judgement and actual practice patterns may not always follow the proposed steps in this pathway.

Step 2: Investigate Cause of Iron Deficiency



Step 3: Treat Iron Deficiency



Tips for iron replacement

- Oral therapy preferred
- Start low; go slow
- Counsel about potential gastrointestinal (GI) side effects
- Give iron preparation that eventually gives 150-200mg elemental iron per day
- Take at bedtime to reduce GI upset

Tips for GI intolerance

- Reduce dose
- Take with food
- Take every other day
- Take laxative
- Change iron preparation