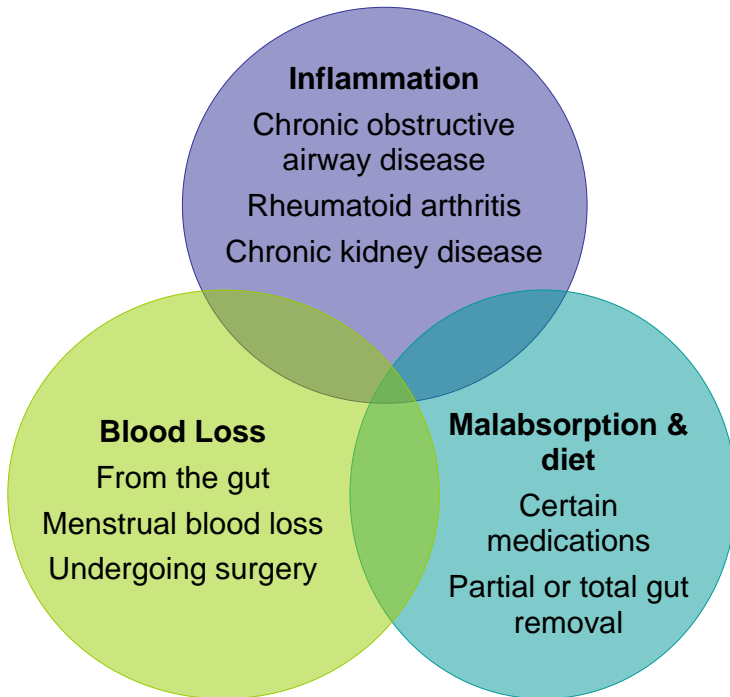


Patient blood management

Iron deficiency anaemia

The most common cause of anaemia in the UK is a lack of iron. This is known as iron deficiency anaemia (IDA).

There are three main causes of IDA: blood loss; inflammation; and malabsorption and diet. Some conditions associated with these are shown below:



As part of pre-operative management, our goal is to identify and manage any iron deficiency anaemia to ensure you are as healthy as possible prior to your planned surgery. This can reduce the need for a blood transfusion, reduce possible post-operative complications, and aid a swift recovery and discharge from hospital.

What does iron do in your body?

Iron is an important factor in the process of making haemoglobin, a substance found in red blood cells. Haemoglobin carries oxygen from the lungs around your body; oxygen is vital for the body to function effectively.

How do we know you have iron deficiency anaemia?

When you attended your out-patient clinic appointment, you will have had a set of blood samples taken for routine tests. As part of the pre-operative anaemia management pathway, we monitor the results of these tests and can identify if you are anaemic and if it is due to iron deficiency.

What is the treatment for IDA?

IDA can be treated in a number of ways, which include increasing the intake of iron in your diet, oral iron tablets or intravenous iron (Ferinject®). Increasing your iron levels will help to increase your haemoglobin. Due to certain underlying illnesses, oral intake of iron does not always improve the iron levels as it may not be absorbed successfully. In these cases or when iron levels need to be increased in a short period of time, we would advise giving you intravenous (through a small tube into a vein in your arm) iron via a drip. The full dose sometimes has to be given over two visits, a week apart. A repeat of the blood tests will be able to tell us if the treatment has been effective. You may also see a reduction in any symptoms you have been experiencing.

Further information

www.nhs.uk/conditions/Anaemia-iron-deficiency-/Pages/Introduction.aspx

Contact us

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.guysandstthomas.nhs.uk/leaflets

Pharmacy Medicines Helpline

If you have any questions about your medicines, please speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) **e:** pals@gstt.nhs.uk

t: 020 7188 3514 (complaints)

e: complaints2@gstt.nhs.uk

Language and Accessible support services

If you need an interpreter or information about your care in a different language or format, please get in touch:

t: 020 7188 8815 **e:** languagesupport@gstt.nhs.uk

NHS Choices – Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

w: www.nhs.uk

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