

Antenatal Management of Anaemia

1st trimester to 27 weeks +6

Check Hb and Ferritin at booking

Is Hb <110g/L?

No

Is ferritin <30?

No

Dietary advice
Check Hb at 28 weeks

Yes

Dietary advice
Commence ferrous sulphate 200mg once daily

Check Hb at 28 weeks

Yes

Is ferritin <30?

Yes

Dietary advice
Commence ferrous sulphate 200mg twice daily

Check Hb at 16 weeks (pre book clinic)

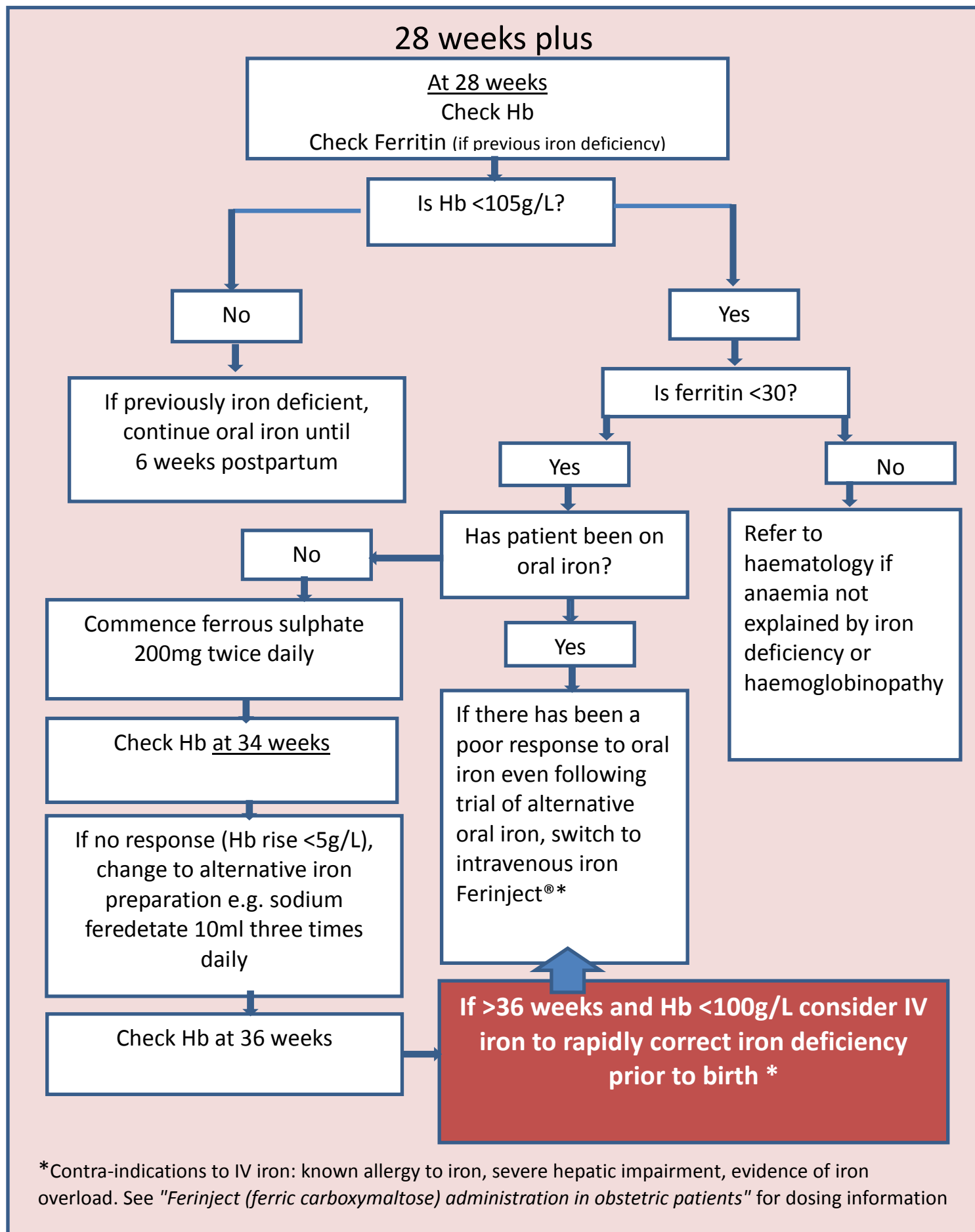
No

- Review haemoglobinopathy screening bloods
- If the woman has an α or β thal trait or HbE no further action is required, however, if the anaemia is new at booking refer to haematology
- Refer to haematology if the anaemia is not explained by iron deficiency or by haemoglobinopathy

- Offer dietary advice to all pregnant women
- Women should take iron supplements with orange juice (vitamin C) one hour before meals to optimise absorption
- If tolerance is poor (nausea and epigastric discomfort), an alternative preparation with lower iron content can be tried

If no response (Hb rise <5g/L), change to alternative iron preparation e.g. sodium feredetate 10mL three times a day

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Postnatal Management of Anaemia

