

## Treatment of Iron Deficiency in Pregnancy

Desired Ferritin level for pregnancy and lactation is > 15

FBE at booking visit Ferritin < 15	Treatment Fefol/FGF/Ferrogradumet	Review FBE & Iron Studies	Duration of Therapy
Normal Hb & MCV	Once daily	8 weeks (or 26 & 36 wks)	Minimum 12 weeks - until completion of breastfeeding
Normal Hb & Low MCV	Once daily	4 weeks	
Low Hb & MCV	Twice daily	< 4 weeks, depending on degree of anaemia & gestation	

Aids to iron absorption

- Vitamin C or orange juice
- Red meat

Inhibitors of iron absorption

- Dairy products
- Tea / coffee
- Cereals

### Note

1. If Ferritin is 15-50 in 1<sup>st</sup> Trimester, consider re-checking FBE & Ferritin at 26 weeks
2. Consider Iron Supplements to all women in 3<sup>rd</sup> trimester, if no history of Thalassaemia or Iron Overload
3. If no response to oral iron under good compliance, investigate for mal-absorption or blood loss
4. Consider intravenous iron if intolerant to oral iron in the case of iron deficiency anaemia