

You may be anaemic

Mid Cheshire Hospitals
NHS Foundation Trust

Supporting information for woman who may be anaemic
(have low iron levels)

Today I have taken a blood sample from you and explained why I have taken the sample. If the results are normal, you will be told at your next appointment.

If the test shows you are anaemic, you will need iron tablets to supplement your diet.

You will receive a text from the hospital within five working days showing which iron tablets you will need to take, how many tablets each day and how long for i.e. 28 days.

You do not need a prescription from your Doctor.

If you do require iron tablets, you should take them as directed; on an empty stomach, one hour before meals, with a source of vitamin C, such as orange juice or meat to maximize absorption. Avoid taking the tablets with tea, eggs, coffee or milk as this may reduce absorption. Other medications or antacids should not be taken at the same time.

We recommend you buy these iron tablets from your local pharmacy. Show the text you have received from the hospital to the Pharmacist and you will be able to purchase the iron tablets at a cost between £2 - £5 depending on the pharmacy/brand.

If you would prefer a prescription, please telephone the Midwives in the Antenatal Clinic on 01270 612171.

This leaflet is available in audio, Braille, large print and other languages. To request a copy, please ask a member of staff.

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