

Central Adelaide Gastroenterology and Hepatology Services

Clinical Information Sheet

IRON DEFICIENCY with/without anaemia	Clinical Presentation/syndrome
Priority and how to access services	Sensible clinical judgement should be used: Urgent (to ED) if haematemesis, melaena or syncopal symptoms Otherwise to OPD via fax If uncertain, call GE registrar to discuss
Information required with referral	<ol style="list-style-type: none"> 1. Type of anaemia - (based on MVC), severity and duration 2. Whether the patient is symptomatic & specify what are the symptoms 3. Other relevant symptoms: <ol style="list-style-type: none"> a. Evidence of potential blood loss: <ol style="list-style-type: none"> i. Haematemesis &/or Melena, PR bleeding, bloody diarrhoea? ii. Epistaxis? iii. Menorrhagia? State if amenorrhoeic (& for how long) iv. Haematuria? (If Yes, indicate frequency + duration) b. Any gastrointestinal symptoms? Diarrhoea, abdominal pain, nausea or vomiting c. Other systemic symptoms such as fever, skin rashes, lymphadenopathy, weight loss 4. Comorbidities - Especially the presence of the following: <ol style="list-style-type: none"> a. Connective tissue disease b. Bleeding disorders c. Cardiac, Renal or liver diseases or failure d. Chronic infective diseases e. Previous GI surgery including bariatric surgery 5. Relevant medication: <ol style="list-style-type: none"> a. Antiplatelets or anticoagulants (including new factor Xa inhibitors) b. NSAIDs/COX inhibitor/SSRI c. Immunosuppressants/Chemotherapy 6. Family history of anaemia, coeliac disease, bowel cancer, IBD, bleeding disorders, thalassaemia 7. Dietary intake of red meat - Specify amount + frequency 8. History or treatment of iron deficiency in the past? <ol style="list-style-type: none"> a. Blood transfusion b. Iron infusion 9. Examination - Please list the relevant findings

Investigations required with referral	<ol style="list-style-type: none"> 1. Blood tests - CBE, Biochem, LFTs, Iron studies, B12, Folate, ESR/CRP, Coeliac serology, TFTs. 2. Previous investigations - when & results (send reports) <ol style="list-style-type: none"> a. Endoscopy b. Colonoscopy c. Enteroscopy/CE d. Other radiological imaging
Pre-Referral management	Commence oral iron whilst awaiting review and ensure Hb increments as expected (5-15 g/dl per week)

For more information

Central Adelaide Gastroenterology and Hepatology Services:
Royal Adelaide Hospital, North Terrace, Adelaide. Telephone: 08 8222 4000
The Queen Elizabeth Hospital, 28 Woodville Road, Woodville South. Telephone: 08 8222 6000

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