

Your Journey with Iron Deficiency Anemia



For more information scan this QR code or go to myhealth.alberta.ca/iron-deficiency-anemia-pathway

Iron deficiency is the most common cause of anemia. Iron deficiency anemia means that your body doesn't have the iron it needs to make enough [red blood cells](#). Since red blood cells carry oxygen to the tissues in your body, it is important to have enough iron.

You are the most important part of your healthcare team. This guide will help you to know what to expect as you work with your team to manage and treat Iron deficiency anemia. If you have any questions along the way, please ask your healthcare team.

Before your appointment

- Write down how you feel, and your questions, symptoms, and concerns.
- Consider bringing a family member or friend to support you.



Visit your healthcare provider

- Share all of your symptoms and concerns. Your health includes physical, emotional, spiritual, financial, and social elements.
- In order to better manage your health condition, your healthcare provider needs to hear from you and understand who you are and what matters to you.



Get your tests

Your tests and assessments may include:

- Blood Tests
- Depending on your symptoms, other tests or procedures may be required.



Review your test results

- You may find your test results on MyHealth Alberta Account or MyChart (myhealth.alberta.ca/account) or ask your healthcare provider to print them for you.
- Talk with your healthcare provider so you know what your test results mean and how they will help your team and you decide what to do next.



Review your treatment options

- Explore the different options to manage the iron deficiency:
 - Increase the amount of iron in your diet
 - Use medications like iron supplement pills or intravenous infusions
- Explore the different treatment options to manage the underlying cause of your iron deficiency anemia, if applicable.
- Decide with your healthcare provider what will work best for you.



Talk with your healthcare provider about a referral

- Your healthcare provider may need advice from a specialist or may suggest you see another healthcare provider (referral) based on your specific needs.
- Ask who you are being sent to and what they do.
- Ask how long it will take to be seen and what you should do if you don't hear back.



Start your treatment & watch your symptoms

- Take an active role in your treatment. If treatment side effects are severe or not improving, speak with your healthcare provider.
- Make sure to tell your healthcare provider right away or call 811 if you have heavy bleeding, passing large clots, are feeling dizzy, weak, feverish, or have severe abdominal pain.



Keep taking care of yourself

- Keep taking care of your overall health.
- Look for other healthy-lifestyle resources and supports.



Whole-person health

Important Tips:

Need to connect with a primary care clinic?
albertfindaprovider.ca

Need a translator?
Let your healthcare provider know

Need health advice?
Call Health Link at 811

Need to find programs and resources in your community?
Call 211 or visit ab.211.ca