



Anaemia and low haemoglobin

Anaemia means your blood carries less oxygen than it should, most often because of low iron. Heavy periods, pregnancy and diet are common causes in women.

Name _____

Date _____

TICK WHAT APPLIES TO YOU

- ☐ I feel tired most of the time
- ☐ I get breathless on stairs or with light activity
- ☐ My heart races or pounds
- ☐ I look pale, or others say I do
- ☐ I get headaches or feel dizzy
- ☐ I am losing more hair than usual
- ☐ I crave ice, mud, chalk or uncooked rice
- ☐ I have heavy periods
- ☐ I am pregnant, recently had a baby, or am breastfeeding
- ☐ I eat little meat, fish, eggs, pulses or green leafy vegetables

GET HELP NOW IF

- Chest pain, or breathlessness at rest
- Fainting
- Black, tarry stools or vomiting blood
- Very heavy bleeding

In clinic hours (Mon to Sat, 8:00 am to 4:00 pm) call +91 93660 92897. At any other time, call 108 or go to the nearest hospital emergency department.



SYMPTOM RECORD

Date	Energy 0 to 10	Breathless?	Dizzy?	Period: yes or no, how heavy

BEFORE YOUR VISIT

- Bring any previous haemoglobin (Hb) or blood count reports.
- List any iron or vitamin tablets you take.
- Note your period pattern.
- Don't start iron tablets on your own before a blood test unless a doctor has advised it.

QUESTIONS YOU MAY WANT TO ASK

- What is my haemoglobin, and what is causing it to be low?
- Do I need iron tablets or other treatment, and for how long?
- When should my blood be checked again?

