Iron Deficiency Anaemia (IDA)
- Consider genitourinary causes, particularly in premenopausal females
- Endoscopic investigation rarely detects malignancy in iron deficiency without anaemia
- Faecal occult blood testing has a limited role in the assessment of IDA

Information Required
- Presence of Red Flags
- Symptomatic anaemia
- Dietary red meat intake
- Drugs (NSAIDs, antiplatelet agents, anticoagulants)
- Previous gastrointestinal surgery

Investigations Required
- FBE and iron studies, fasting B12/ folate, TFTs, coeliac serology
- Urinalysis for blood
- Results of previous endoscopic investigations

Fax Referrals to
- Gastroenterology Outpatient Clinic
  Flinders Medical Centre 8204 5555

Red Flags
- Overt GI bleeding
- Dysphagia
- Persistent abdominal pain
- Anorexia, weight loss
- Change in bowel habit

Suggested GP Management

Premenopausal females <50yrs
- Screen for coeliac disease and refer for endoscopy if positive
- Refer for endoscopic investigation if there are red flags, focal symptoms of GI disease, a strong family history of colorectal cancer or persistent IDA after correction of potential causative factors

Postmenopausal females and male patients
- Refer for endoscopic investigation

Iron deficiency in the absence of anaemia
- Consider referral for endoscopic investigation if aged >50yrs

Oral iron replacement therapy
- Ferrous sulfate 200mg daily; continue 3 months after correction of iron studies
- Consider intravenous iron infusion if oral iron poorly tolerated
- Monitor Hb 3 monthly for 1 year, then after a further year and again if symptoms of anaemia develop

Clinical Resources
- Gastroenterological Society of Australia: Iron deficiency (2011)
- British Society of Gastroenterology Guidelines for the Management of IDA. Gut 2011,60:1309
- SA Health Blood Safe
- Therapeutic Guidelines www.tg.org.au

Patient Information
- Gastroenterological Society of Australia: Iron deficiency (2011)

General Information to assist with referrals and the and Referral templates for FMC are available to download from the SAHN Outpatient Services website www.sahealth.sa.gov.au/SALHNoutpatients