

### 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](http://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 SALHN Outpatient Services website [www.sahealth.sa.gov.au/SALHNOutpatients](http://www.sahealth.sa.gov.au/SALHNOutpatients)

Version	Date from	Date to	Amendment
2.1	Nov 2017	Nov 2019	Remove all RGH details