

Work-Up of IRON DEFICIENCY ANEMIA in ADULTS

INDICATIONS FOR GI ENDOSCOPY: • Adult males • Post-menopausal females
 • Unexplained weight loss • Family history of GI cancer • Any associated GI
 Symptoms such as: Dysphagia, Odynophagia, Dyspepsia, Abdominal pain, Melena,
 Hematochezia, Tenesmus, Altered bowel habit.

IRON REPLACEMENT: a) Control Blood Loss; b) Warn patients of GI side effects and start slow; c) Ferrous sulfate, gluconate, or fumarate or iron polysaccharide in doses that provide 150-200mg of elemental iron per day (e.g. ferrous sulfate 300mg TID)

