

Anemia Screen

An anemia screen checks your iron status to see if there is an abnormally high, abnormally low or a sufficient supply of iron. The screen includes a panel of tests for folate and vitamin B12 levels, hemoglobin, iron, total iron binding capacity (TIBC), and iron saturation percentage.

What is anemia?

Anemia occurs when the amount of hemoglobin, which is found in the red blood cells, drops below normal. Hemoglobin is a protein that is necessary for the transport of oxygen throughout the body. The anemia screen determines the number and characteristics of red and white blood cells, and also looks at your iron status to see if it is abnormally high, low or sufficient. Iron is a vital oxygen-transporting mineral. Too little iron can cause anemia, while excess levels can cause medical problems as well.

What are common symptoms of anemia?

Common symptoms of many types of anemia include:

- Fatigue
- Weakness
- Fast or irregular heart beat
- Pale skin
- Chest pain
- Shortness of breath
- Dizziness
- Cold hands and feet
- Cognitive problems

What should I do if my results are abnormal or out of range?

It is always recommended you meet with a healthcare provider to determine what your laboratory test results mean to you. Your healthcare provider will review all of your test results and, combined with your health history, will be able to provide an accurate picture of your health status.

If any of your results were abnormal or out-of range: Low levels of iron can be caused by many factors but may indicate anemia. Low levels can also occur during adolescence and pregnancy when the body has increased demands for iron. Low TIBC could be associated with malnutrition, kidney disease, or liver disease. High levels of iron in the blood can occur as the result of multiple blood transfusions, iron injections into muscle, lead poisoning, liver disease, or kidney disease. It can also be due to the genetic disease, hemochromatosis. As with any abnormal results, it's important that you discuss their implications with your healthcare provider.

If your results were within normal range: If your results fall within the normal range, discuss the necessity for periodic anemia screening with your healthcare provider. The Centers for Disease Control and Prevention (CDC) recommend periodic screening for anemia among high-risk populations of infants and preschool children, among pregnant women, and women of childbearing age. Your healthcare provider is best suited to advise you on a timetable for all screening tests.

What other resources are available to learn more about my health and laboratory tests?

- Centers for Disease Control and Prevention: cdc.gov
- Lab Tests Online: labtestsonline.org
- WebMD: webmd.com

DLO Direct offers direct access to laboratory testing for informational purposes. A DLO Direct lab test result is not a medical diagnosis and is not intended as medical advice. Only a healthcare provider can interpret lab results and diagnose a medical condition or disease.

Because tests have not been ordered by a healthcare provider, third party entities, including Medicare and Medicaid, will not reimburse for these tests.

FASTING REQUIRED

Fasting is required for an anemia screen and early morning collection is preferred. Please DO NOT eat or drink anything except water for 8-12 hours before your test. DO NOT stop taking your prescription medications. If your healthcare provider advised you to take your medication with food, consult with your healthcare provider before fasting.



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