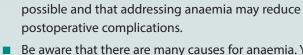
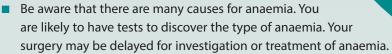
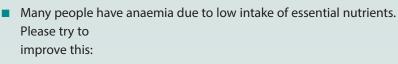
RECOMMENDATIONS FOR PEOPLE WITH ANAEMIA AND THEIR **CARERS**

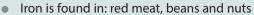




■ Be aware that anaemia is common, treatments are







- B12 is found in: meat, fish, cheese or eggs
- Folate is found in: green leafy vegetables, broccoli, brussel sprouts, asparagus, peas, chickpeas, brown rice and liver.
- Be aware that some patients are treated with blood products and your medical team may discuss this with you.
- Prepare for surgery or other treatment in good time. This may include:
 - increasing your physical activity/exercise, stopping smoking, preparing psychologically and practically. These interventions are proven to improve outcomes from surgery. There is more information on cpoc.org.uk/patients. Exercise should include: fitness, strength and balance – try sit-to-stand exercises.
- There are often different ways of investigating or treating anaemia. Patients are encouraged to ask questions, eg BRAN: 'what are the Benefits, Risks, Alternatives and what if Nothing is done'. Work out what matters to you. This is Shared Decision Making.
 - You may be given Tranexamic acid during surgery to reduce bleeding. If you are anaemic after the operation, the decision about whether to have a blood transfusion should be made carefully – there is information about it on the NHS Blood and Transplant website.
- If you are given oral iron:
 - note that the dose for treating anaemia is several times higher than for health supplements
 - it is best to take iron tablets on an empty stomach (ie one hour before or two hours after eating). Absorption can reduce by up 75% if taken with food
 - taking iron tablets with vitamin C does not seem to increase absorption⁵
 - taking iron tablets on alternate days will improve iron absorption and may minimise side effects
 - avoid taking iron with tea or with phytates (found in beans, seeds, nuts or grains) as this limits absorption
 - if you get diarrhoea or constipation, try taking iron on alternate days
 - if side effects are bad, ask the perioperative team if there is another treatment option.

Detailed explanations about reducing the reliance on blood transfusion

For patients: High Spec Blood







Anaemia Patient Information (NHS BT)



BRAN leaflet (CWUK)



BRAN















Iron in your diet (NHS BT)



