Iron Deficiency Anemia Checklist

For the Primary Care Practitioner

1. Cause of iron deficiency: _____________________________________________

2. Screening colonoscopy date: _________________________________________
   - Results: __________________________________________________________

3. EGD date: _________________________________________________________
   - Results: __________________________________________________________
   - Duodenal biopsy: _________________________________________________

4. Type and dose of iron supplement: _________________________________

5. Schedule of iron administration: _________________________________

6. Medications and other supplements: _________________________________

7. Side effects (constipation, cramping): ______________________________

8. Coexisting conditions (inflammation, renal failure): ___________________
Hemolysis Checklist

For the Primary Care Practitioner

1. Congenital vs. acquired?

2. Spherocytic vs. non-spherocytic?

3. If non-spherocytic:
   - Bite cells? (oxidant stress, methemoglobin)
   - Schistocytes? (fragmentation)
   - Spur cells? (liver disease)
   - Malaria, babesiosis?

4. Immune vs. non-immune?
   - Coombs testing (IgG, C3)

5. Chief site(s) of hemolysis:
   - Intramedullary vs. extramedullary?
   - Intravascular? (urine hemosiderin, hemoglobinuria)
   - Extravascular? (spleen, RES)

6. Hemoglobinopathy?

7. Working diagnosis (e.g., WAIHA, cold agglutinin disease, TTP, oxidant stress hemolysis, G6PD deficiency, etc.)

8. Cause-specific therapy (e.g., prednisone, rituximab, pheresis, discontinuation of oxidizing drug(s), etc.)

9. Response to cause-specific therapy:

10. Alternative management strategies to consider if primary intervention fails: 
Vitamin B12 Deficiency Checklist
For the Primary Care Practitioner

1. Vitamin B12 level:
   - Low-normal (300-500 pg/mL) _________________________________
   - Low-normal (200-300 pg/mL) _________________________________
   - Less than (200 pg/mL) ______________________________________

2. Methylmalonic acid level (when uncertain based on vitB12 level): _________

3. Symptoms and signs (anemia, neurologic):
   ___________________________________________________________
   ___________________________________________________________

4. Form of vitB12 replacement therapy:
   - Oral? _____________________________________________________
   - Parenteral? _________________________________
   - Adherence to schedule? _________________________________

5. Response:
   - Symptoms and signs: _______________________________________
   - Repeat vitB12 level (e.g., at 6 weeks): _________________________
   - Repeat methylmalonic acid level (e.g., at 6 weeks):

6. Cause of vitB12 deficiency: ______________________________________