

Anemia Algorithm

Screen HgB:

- All 1-yr olds
- High-risk children at any age

Recommended Fe Intake

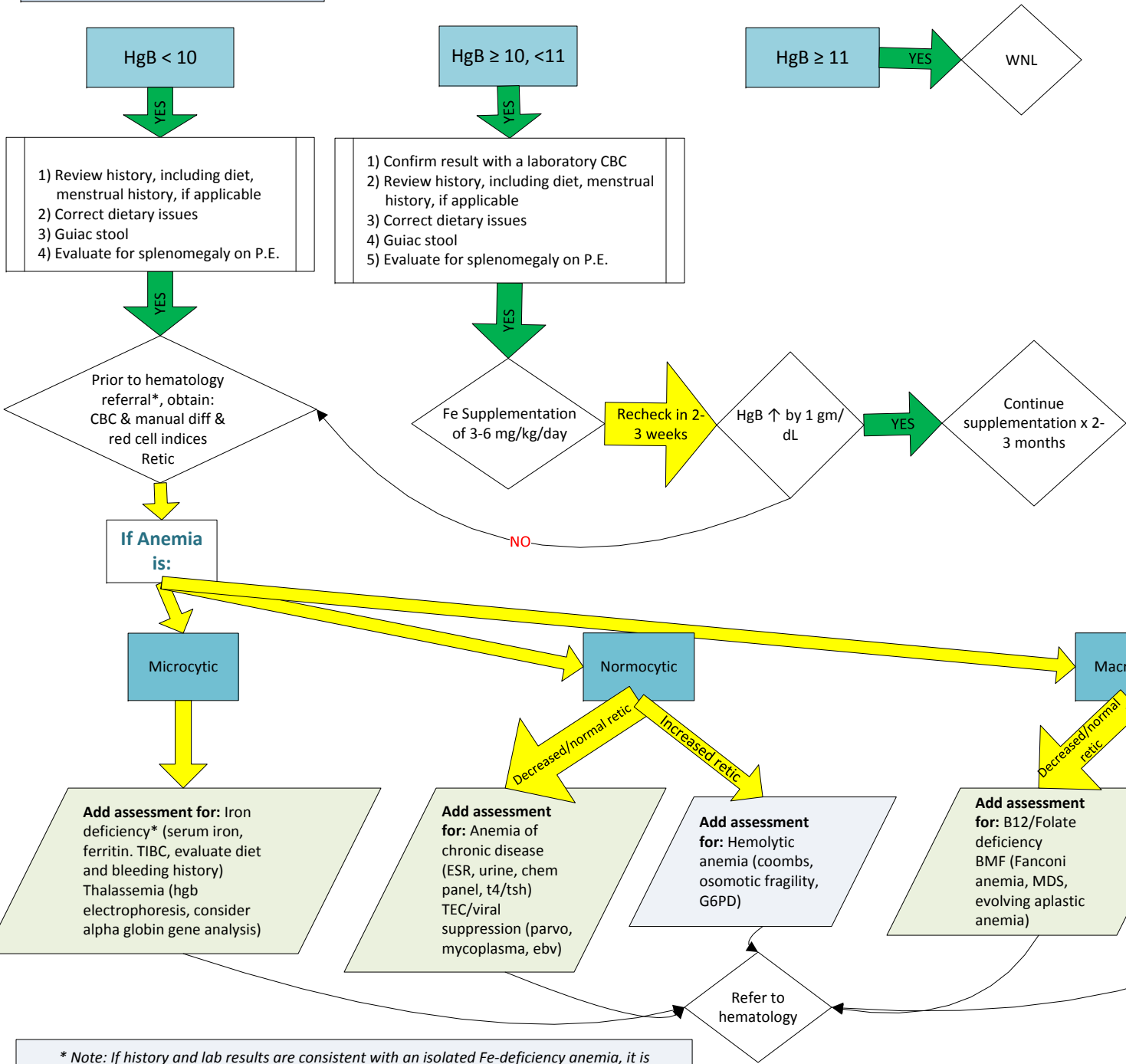
- Children (4-10 yrs): 10 mg/day
- Preteens (9-13 yrs): 8 mg/day
- Adolescent boys (14-18 yrs): 11 mg/day
- Adolescent girls (14-18 yrs): 15 mg/day

High Risk

- Prematurity
- Low birth weight
- Exclusive breastfeeding beyond 6 m
- Weaning to complementary foods which do not include Fe fortified cereals or high Fe foods
- Excessive milk intake (>16-24 oz/d)
- Feeding problems
- Poor growth
- Special healthcare needs
- Low socio-economic status, especially if of Mexican-American descent

Fe Supplementation

3-4 mg/kg/day for mild-to-moderate anemia, 5-6 mg/kg/day for severe anemia, given as ferrous sulfate either OD or BID. Consider a prn stool softener to prevent constipation.



* Note: If history and lab results are consistent with an isolated Fe-deficiency anemia, it is reasonable to begin Fe supplementation and follow the pathway for HgB ≥ 10,