

Anaemia in Pregnancy

What is it?

Anaemia means you don't have enough red blood cells in your blood. It's often caused by low levels of iron. During pregnancy, your body can produce extra blood to support your growing baby. If you don't have enough iron, your body may not be able to produce this extra blood.

Anaemia in pregnancy is common and can be treated. It is diagnosed with blood tests which are usually taken at the beginning of pregnancy and again at 28 weeks. It's important to treat anaemia in pregnancy so it doesn't get more serious.

What will my GP do now?

Your GP will talk to you about your health and check what may be causing your anaemia. They will give you advice about treating your anaemia while you are pregnant. This may include advice about how to take iron and the side effects you may have. Your GP will discuss the risks of anaemia while pregnant and refer you to a specialist if you need it.

What questions could I ask my doctor?

- Will this affect my baby?
- What are the side effects of taking iron?
- How do I know if I am getting better?



What will my GP do in the future?

Your GP may make a follow-up appointment to discuss your treatment as well as any side effects you have. Your GP may also want to talk to you about keeping healthy through the rest of your pregnancy.

What can I do?

Follow your GP's advice. Eat a health diet with plenty of iron rich foods like meat, chicken, fish, eggs and grains. Take your pregnancy vitamins, this includes folate. Stay physically active and get enough rest, aim for eight hours of sleep a night.

What supports are available?

SWSLHD Antenatal Clinics

Visit the Health Resource Directory website to find contact details of an Antenatal Clinic close to you.

Where can I learn more?

- Australian Red Cross Lifeblood - Anaemia in pregnancy: lifeblood.com.au
- Pregnancy, Birth and Baby - Anaemia in pregnancy: pregnancybirthbaby.org.au
- The Royal Women's Hospital - Iron in pregnancy: thewomens.org.au