Management of risk for iron deficiency in female blood donors with HB levels of 12.0-<12.5 g/dL using ferritin testing

This flow sheet has not been approved by the Food and Drug Administration

Blood establishments using this flow sheet that incorporates ferritin testing when collecting blood from female donors, ≥18 years, with a hemoglobin (HB) level of 12.0 - <12.5 g/dL, should include collection of a pre-donation sample for ferritin testing.

Donor ferritin test results can be used to determine eligibility for the next donation (following a routine deferral period), notification of ferritin results, and recommendations for iron supplementation.*

1. Female donors with a ferritin level of <26 ng/mL are sent a letter to communicate ferritin test results, extension of the deferral from donation to 16 weeks, and to strongly encourage iron supplementation.

2. Female donors with a ferritin level of ≥26-200 ng/mL are eligible to donate with a routine deferral from blood donation. At the blood establishment’s discretion, optional activities include a letter (or alternate communication) to communicate ferritin test results, and to encourage iron supplementation and future donation.

3. Female donors with a ferritin level of 201-1000 ng/mL are eligible to donate with a routine deferral from blood donation. At the blood establishment’s discretion, optional activities include a letter (or alternate communication) to communicate ferritin test results, and to encourage future donation with or without iron supplementation.

4. Female donors with a ferritin level of >1000 ng/mL are sent a letter with instructions to discontinue iron supplementation and are referred for evaluation.

This flow sheet suggests options for encouraging iron supplementation (18-38 mg/day x 60 pills)* with exceptions noted. Suggestions include dispensing iron, offering coupons, and providing educational material about iron supplementation.

* Exceptions noted for ferritin 200 ng/ml or greater
Follow this flow sheet if testing for ferritin:

Female donor ≥18 years with HB level of 12.0 - <12.5 g/dL

Collect unit and pre-donation sample for ferritin measurement. Apply routine deferral from RBC donation.

Encourage iron supplementation with 18-38 mg/day x 60 pills.* (Dispense/offer coupon/provide educational material about iron dosing)

Ferritin Value

- <26 ng/mL
  - Letter sent to:
  - communicate ferritin result
  - strongly encourage iron use
  - extend deferral to 16 weeks

- ≥26-200 ng/mL
  - Optional Notification by letter, phone, other means to:
  - Provide ferritin result
  - Encourage iron use
  - Encourage donation
  - Use routine deferral period

- 201-1000 ng/mL
  - Optional Notification by letter, phone, other means to:
  - Provide ferritin result
  - Encourage iron use
  - Encourage donation with or without iron use
  - Use routine deferral period

- >1000 ng/mL
  - Letter sent to:
  - discontinue iron use
  - refer for evaluation

* Exceptions noted for ferritin 200 ng/ml or greater