

## Anemia (Low Hemoglobin) Self-Check

Self-awareness only (not a diagnosis). Decide if it's time to book a visit.

### Tick what applies:

#### Symptoms

- Unusual tiredness or weakness.
- Breathlessness on mild exertion.
- Dizziness or headaches.
- Fast heartbeat/palpitations.
- Pale skin or brittle nails.

#### Possible causes

- Heavy or long periods.
- Bleeding between periods or after sex.
- Recent childbirth/miscarriage/surgery with blood loss.

#### Diet clues

- Low iron-rich foods or poor appetite.
- Stomach issues affecting absorption (if applicable).

### Quick notes (fill in):

Heavy periods?  yes  no

Breathless?  mild

moderate  severe

Known Hb (if any): \_\_\_\_\_ g/dL

### Book a check-up if ANY apply:

- You ticked 2+ symptoms, especially with heavy periods.
- Fatigue affects work, sleep, or daily confidence.
- Pregnant/planning pregnancy and feel unusually tired.

### Urgent care today if:

- Chest pain, fainting, or severe breathlessness.
- Very heavy bleeding with dizziness.
- Black stools/vomiting blood (emergency).

### Feeling exhausted isn't a character flaw. It may be treatable anemia.

Bring this page and say: "I want to check my hemoglobin and the cause."

Important: Self-awareness only. This does not confirm a diagnosis.

# **Evita GyneCare Clinic**

## **Anemia (Low Hemoglobin) Self-Check**

### **(visit prep)**

Bring this page to help your doctor plan the right evaluation.

#### **Bring / note these:**

- Bleeding pattern (heavy days, clots, duration).
- Diet and any iron supplements taken.
- Any recent pregnancy, delivery, miscarriage, or surgery.
- Past Hb reports if available.
- Medicines that affect bleeding or absorption (if any).

#### **What your clinician may do:**

- Hemoglobin test and iron studies if needed.
- Identify cause and create a plan to reduce blood loss.
- Iron replacement options and follow-up testing.
- Prevention plan to avoid recurrence.

**You deserve clarity - and you deserve respectful care.**

To book: [evitagynecarehospital.com](http://evitagynecarehospital.com)