

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