

# REPORT CARD

# Hemoglobin and Iron

Patient Name \_\_\_\_\_

**KNOW YOUR  
NUMBERS\*\***



If you have questions or need help writing your numbers, ask your nurse to help you.

		MY NUMBER		
		Month 1	Month 2	Month 3
<b>Test Name</b>	<b>Normal Number</b>			
<b>Hemoglobin*</b>	<b>10.0 – 12.0 gm/dl</b>			
<b>Ferritin (Iron Bank)**</b>	<b>More than 200ng/ml &amp; less than 500 ng/ml</b>			
<b>Transferrin Saturation (Iron Wallet)**</b>	<b>At least 20%</b>			

\* The numbers are based on the National Kidney Foundation KDOQI Guidelines for Anemia for Hemodialysis Patients.

\*\* Check the Hemodialysis Anemia Quick Facts! sheets to learn more.

