

HEMOGLOBIN QUICK FACTS

If your hemoglobin is greater than 12 your doctor may choose to hold medications that help your body produce red blood cells. These medications are often called erythropoietin stimulating agents or ESA's. Other names for these medications may be EPO, Epogen, or Aranesp. Recent studies have shown that keeping your hemoglobin below 12 is necessary. If this is the case, it is important that you, your healthcare team, and doctor work together to monitor your hemoglobin and restart your medication at the right time.

Be sure to come to treatment as scheduled, stay on your full time, and take iron if prescribed. This will help your body and help your team manage your care and give your ESA only as needed.



Let your health care provider know if you experience any of the following while your ESA is on hold...

- Chest Pain
- Trouble Thinking
- Decrease in your activity level
- Poor appetite
- Excess bleeding from access or blood loss
- Shortness of breath (not due to fluid overload)
- Men- loss of ability to have an erection
- Women—changes in menstrual cycle
- Signs of blood loss from your stomach, intestines (red or black stools)

Keep track of your Hemoglobin and Iron lab tests. Ask your nurse or doctor for your Hemoglobin and Iron "numbers" and write them on the report card!

