

iron deficiency (ferritin) rapid test

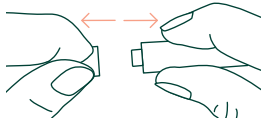


PLEASE NOTE: this leaflet must be used alongside the Instructions for use.

This self-test kit involves collection of a finger-prick blood sample, which can be performed at home. This test is not suitable for diagnosis; it is a screener test that gives an indication for iron deficiency anaemia.

The iron deficiency test is a finger-prick blood test that measures the level of ferritin, a protein that stores iron inside your cells. Your body needs iron to make healthy red blood cells. Red blood cells contain a substance called haemoglobin, which transports oxygen around the body. Iron is also important for healthy muscles, bone marrow and organ function. Anaemia is caused by lack of haemoglobin. Iron deficiency is caused by lack of iron. Iron deficiency with anaemia is caused by both a lack of iron and lack of haemoglobin.

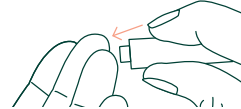
- 1** Remove the lancet cap.



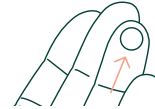
- 2** Clean the area to be pricked with the alcohol pad.



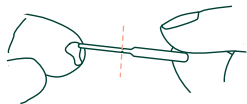
- 3** Squeeze the end of the fingertip and prick it with the sterile lancet.



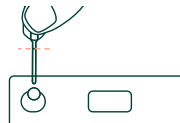
- 4** Massage downward to obtain sample.



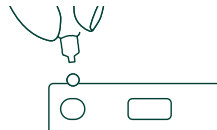
- 5** Use dropper to obtain the correct amount of blood to the fill line.



- 6** Squeeze the bulb to release the blood.



- 7** Add 1 drop of buffer into the sample well.



MATERIALS PROVIDED

- Test cassette
- Capillary dropper
- Buffer
- Alcohol pad
- Lancet
- Plaster
- Product summary leaflet
- Instructions for use

MATERIALS NOT PROVIDED

- Timer



Scan for video instructions and results guidance

Understanding your iron lateral flow test results

Once you have collected your sample and performed your test, you must wait 5 minutes after applying your sample into the test cassette, before you read the results.

Do not interpret the result after 10 minutes.




Symptoms of iron deficiency/anaemia include:

- Extreme fatigue
- Weakness
- Pale skin
- Chest pain, fast heartbeat or shortness of breath
- Headache, dizziness or lightheadness
- Cold hands and feet
- Inflammation or soreness of your tongue
- Brittle nails
- Unusual cravings for non-nutritive substances, such as ice, dirt or starch. Poor appetite, especially in infants and children with iron deficiency anaemia

The following individuals are at greater risk of having or developing iron deficiency:

- People who are underweight
- People who experience heavy menstrual bleeding
- People who are pregnant
- People who have issues with food absorption, such as those with inflammatory bowel disease or who have had certain gastrointestinal surgical procedures

Read results at 5 mins.

 <p>Normal</p>	<p>A result showing normal levels of ferritin If 2 lines appear against the test (T) and control (C) on your cassette, the ferritin concentration in your blood is normal.</p>	<p>What next? Ferritin is a protein in your blood which carries iron and releases it when required by your body. Your ferritin levels are an indirect measure of the amount of iron in your body¹. A normal level of ferritin is considered a marker of good health. Good dietary sources of iron include foods such as red meat, beans, lentils, dark green vegetables, and iron-fortified bread and cereals^{2,3}. If your levels are normal, it suggests that your diet contains enough iron, and you are absorbing it well. <i>Normal ferritin ranges can vary based on your gender and age so it is important any abnormal result is followed up with your doctor. We also encourage anyone with a normal result but who does have symptoms to speak with your GP in case of a false positive.</i></p>
 <p>Abnormal</p>	<p>A result showing abnormal levels of ferritin If only 1 line appears against the C marker, the ferritin concentration in your blood is too low.</p>	<p>What next? A low level of ferritin can indicate that you have iron deficiency. This can be caused by a diet that's too low in iron or by blood loss². In women of reproductive age heavy periods and pregnancy are common causes of this. For all cases of low ferritin, it is important to arrange an appointment with your doctor to discuss your results to ensure there are no underlying causes. If you find that your ferritin is low because of your diet, you can increase your iron intake by eating foods such as red meat, beans, lentils, dark green vegetables and iron-fortified bread and cereals^{2,3}. You can also take iron supplements in the form of a tablet and your pharmacist can help you find the most suitable for you. <i>Normal ferritin ranges can vary based on your gender and age so it is important any abnormal result is followed up with your doctor. We also encourage anyone with a normal result but who does have symptoms to speak with your GP in case of a false positive.</i></p>
 <p>Invalid</p>	<p>A result showing as invalid If a control line (C) fails to appear or only appears next to the test line (T) it is likely there was an insufficient volume of specimen to test, or the incorrect testing procedure was followed.</p>	<p>What next? We recommend that you take another test. If this problem persists, please contact our customer care team at care@myhealthchecked.com for further assistance.</p>

References:

1. Knovich MA, Storey JA, Coffman LG, Torti SV. Ferritin for the Clinician. *Blood Rev.* 2009 May;23(3):95–104.
2. Anaemia - iron deficiency | Health topics A to Z | CKS | NICE [Internet]. [cited 2022 Aug 15]. Available from: <https://cks.nice.org.uk/topics/anaemia-iron-deficiency/>
3. Prentice AM, Mendoza YA, Pereira D, Cerami C, Wegmuller R, Constable A, et al. 'Dietary strategies for improving iron status: balancing safety and efficacy'. *Nutr Rev.* 2017 Jan;75(1):49–60.