

## MACROCYTOSIS – GP REFERRAL GUIDELINES

### Introduction

The differential diagnosis of red cell macrocytosis (mean corpuscular volume >98fl) includes B12 and folate deficiency, excess alcohol consumption, hypothyroidism, reticulocytosis, hypothyroidism and myelodysplastic syndrome.

*Uncomplicated B12 or folate deficiency does not require routine referral for haematology outpatient assessment*

### Appropriate investigation in primary care prior to referral:

- B12 and folate levels (plus intrinsic factor and GPC Abs in B12 deficiency)
- Blood film examination and reticulocyte count
- Liver and thyroid biochemistry
- Lipids/cholesterol levels
- Immunoglobulins and protein electrophoresis
- Alcohol history and appropriate lifestyle modification

### Referral for specialist opinion should be considered for:

- Suspected myelodysplastic syndrome (based on blood film report)
- MCV > 100 fl with accompanying cytopenia (excluding B12 / folate deficiency)
- Persistent *unexplained* MCV > 104 fl
- B12 deficiency of uncertain cause requiring further investigation