

PERNICIOUS ANAEMIA – DISCHARGE ADVICE FOR GPs

Maintenance Treatment

- Hydroxycobalamin 1 mg IM three monthly

Monitor FBC, TFT's annually

Reasons to re-refer:

- Developing a significant cytopenia (for instance):
 - Hb dropping below 10 g/dl
 - Neutrophils below $1.5 \times 10^9/l$
 - Platelets $< 80 \times 10^9/l$

General Advice:

- No specific dietary advice required.
- Administer all usual vaccines (Flu Pneumovax etc.)