

Your appointment on Tuesday 12 May

Your name	You saw	Record number	Written on
Maya Chen	Dr Elena Marsh	MRN 0000-4471	12 May 2026

What we talked about

You have been more tired than usual since about February, and you mentioned feeling short of breath walking up the hill to the office. We went through your blood test from last week, which was taken to look into exactly that.

What the blood test showed

Your iron level is low, and that is almost certainly why you have been tired. **This is common and it is treatable.** Everything else we tested — your kidneys, your thyroid and your blood sugar — came back normal.

Low iron has a cause, so the plan below is partly about treating it and partly about finding out why it happened.

What to do now

- 1

Start the iron tablets
One tablet a day, with orange juice or another drink with vitamin C, on an empty stomach if you can manage it. Not with tea or coffee — they stop it being absorbed. Twelve weeks to start with.
- 2

Expect your stools to turn dark
This is the iron and it is harmless. It is not a reason to stop the tablets or to call us.
- 3

Book the follow-up blood test for early August
Reception can book this today. It checks whether the tablets are working before we decide anything else.
- 4

Watch for the referral letter
We are referring you to the gastroenterology clinic to look for the cause. You should hear from them within four weeks. Tell us if you do not.

Call us sooner if any of these happen

- You feel worse rather than better** after three or four weeks on the tablets

You notice blood when you go to the toilet, or your stools look black and tarry
- You become breathless at rest**, or get chest pain or palpitations

The tablets upset your stomach enough that you are thinking of stopping them

The practice number is below and is answered from 8am. **If you feel seriously unwell, do not wait for us** — use the emergency number or go to your nearest emergency department.

When we will see you

There is nothing booked with us until the blood test in August, and you do not need an appointment to have it done. **We will contact you with the result within a week of the test**, whatever it shows.