

Managing your anemia and hemoglobin

To treat anemia, your body needs more oxygen and healthy red blood cells. Your body maintains healthy red blood cells through your iron intake, vitamin B and a hormone called erythropoietin (EPO). During dialysis, you may lose lots of iron and essential vitamins.

Your kidney doctor may order certain medications to help treat your anemia:

Erythropoietin stimulating agents (ESAs)	ESAs act like the natural hormone EPO and help your body make healthy red blood cells. ESA can be injected under the skin or administered into the blood during dialysis.
Iron	Iron is needed for your body to make healthy red blood cells. It can be given in pill form or administered into the blood during dialysis.
Vitamins	During dialysis, patients lose B vitamins that are needed to help your body make healthy red blood cells.

Know your levels

Your anemia is monitored through a hemoglobin blood test taken with your labs. Hemoglobin is found in red blood cells and helps carry oxygen throughout your body. If your iron is low, your body will not be able to form enough hemoglobin, which helps determine how well you are managing your anemia.

Average hemoglobin level _____

My hemoglobin goal _____



My anemia medications:
