If your ferritin is low

Use these steps to prepare for a visit about low ferritin with normal iron.

- [ ] Ask for your ferritin result and the lab's reference range.
- [ ] Ask whether inflammation could be changing the ferritin result.
- [ ] List symptoms such as fatigue, hair thinning, restless legs or low stamina.
- [ ] Note heavy periods, stomach pain, black stools or other signs of bleeding.
- [ ] Tell the clinician about diet, celiac disease, surgery and frequent blood donation.
- [ ] Ask which tests find the cause, such as a full blood count or a celiac test.
- [ ] Take iron only as a clinician advises.
- [ ] Keep iron tablets out of the reach of children.
- [ ] Ask when the blood tests should be repeated.

Notes

For general education only. Not a substitute for professional medical advice.
Read the full article: https://healthhorizonguide.com/supplements/low-ferritin-normal-iron/