

DOCTOR APPOINTMENT CHECKLIST



WHY IRON MATTERS

Iron is an essential mineral involved in many vital functions throughout the body. When your body doesn't have enough, this is called iron deficiency, a condition that's especially common in women. Low iron can affect how you feel day to day, but with the right support, it's something you can address.^{1,2}

Take control of your health

It's easy to overlook changes in your health, especially when life is busy and demands are high. Still, you know your own body best. If you've noticed persistent tiredness, brain fog or just don't feel quite yourself, it's important to pay attention to those signals.² Checking in with yourself and sharing your experiences with your doctor is an act of self-care – and you deserve to feel your best. This resource is designed to help you prepare for conversations with your doctor, so you feel confident discussing your symptoms and getting the support you need.

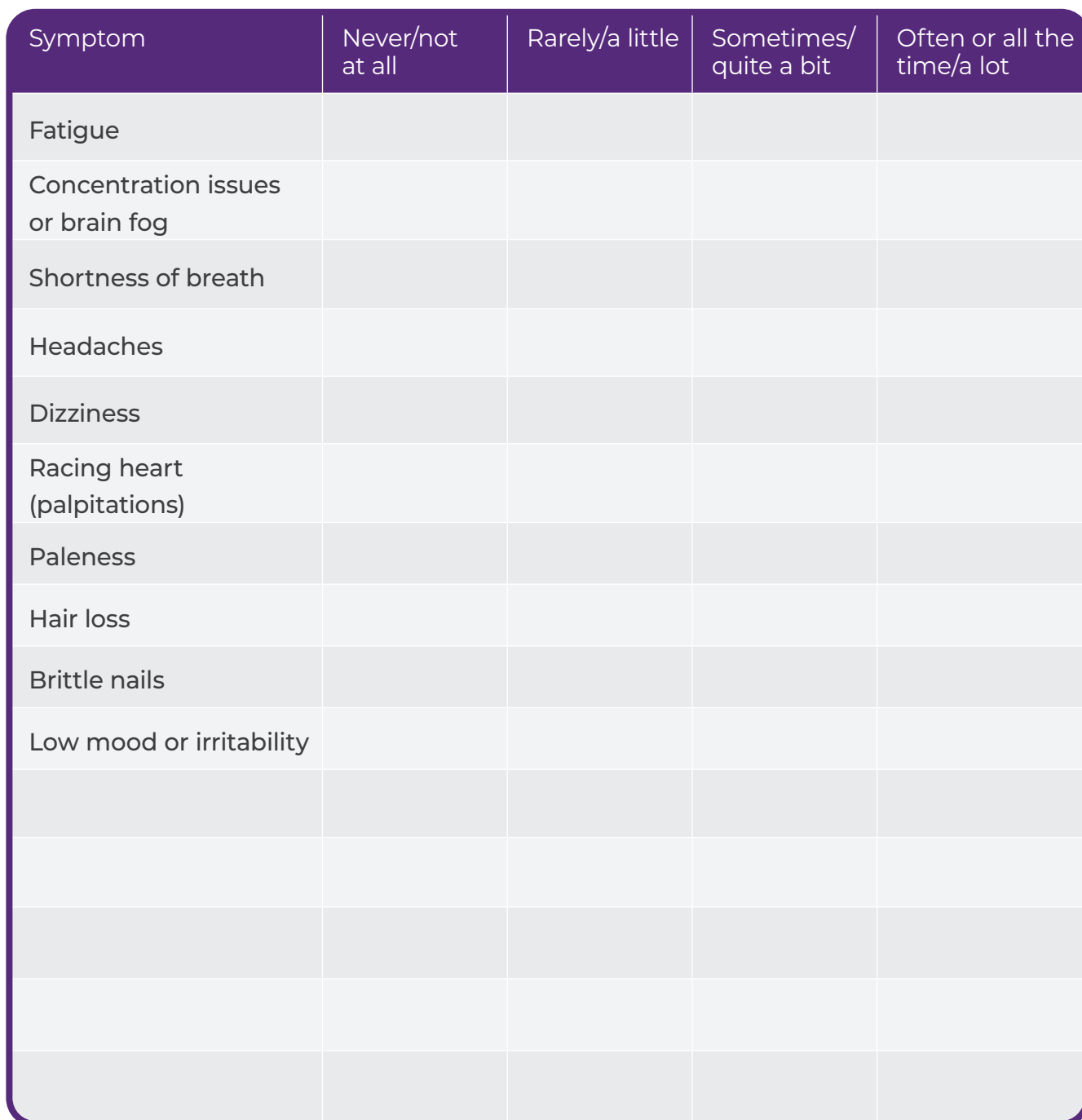


BEFORE YOUR APPOINTMENT

- ✓ **Write down your symptoms**
Make a note of when you first noticed changes and how they affect your daily life (work, family, exercise, mood)
- ✓ **Track changes**
Each month, rate your main symptoms (for example: energy, focus, breathlessness, mood) as worse, the same or improved
- ✓ **List your questions and concerns**
Bring this with you. If you feel anxious, it's okay to bring a friend or supporter to your appointment



Add any symptoms not mentioned in the table.





KEY QUESTIONS TO ASK YOUR DOCTOR

1. If you feel you might be at risk, ask your doctor the following:

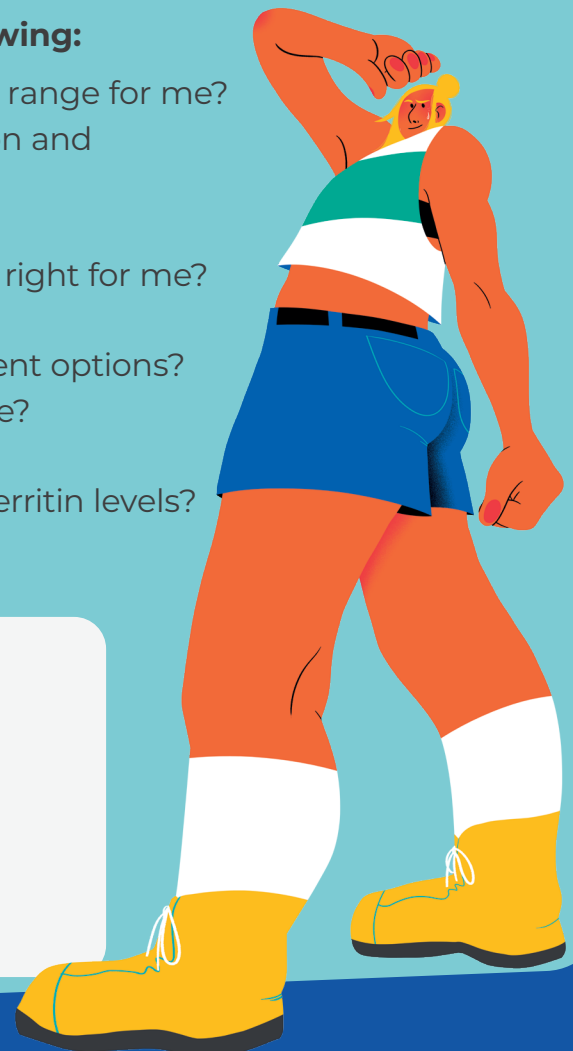
- Could my health condition(s) increase my risk of iron deficiency?
- Could my symptoms be related to low iron?
- Can I request a blood test to confirm if I have iron deficiency based on my symptoms?
- Can we check both my ferritin (which shows how much iron my body has stored) and my haemoglobin (which shows if my blood has enough oxygen-carrying capacity)?
- Could my symptoms be indicative of another underlying medical condition?

Add your own questions:

2. If your iron levels are low, ask your doctor the following:

- What do my results mean? Are they in the healthy range for me?
- What might be the underlying cause of my low iron and how do we address it?
- What can I do to try to increase my iron levels?
- Which treatment options are available, and what's right for me?
- How do I know if my treatment is working?
- What are potential side effects of different treatment options?
- How long should my treatment take to be effective?
- What should I do if I experience side effects?
- When should we re-check my haemoglobin and ferritin levels?

Add your own questions:





TIPS FOR A PRODUCTIVE CONVERSATION

- ✓ **Be specific**
Describe how symptoms affect your life (“I’m too tired to manage work and family”, “I can’t exercise like I used to”, etc.)
- ✓ **Ask for clarification**
If you don’t understand the results or next steps, ask your doctor to explain.
- ✓ **Partnership approach**
You and your doctor are a team. It’s okay to seek a second opinion if you’re still concerned.
- ✓ **Bring your tracker**
Share your notes or symptom table to show changes over time.

Visit **HERIRONMATTERS** at <https://herironmatters.com/en> to learn more about iron deficiency, understand how it’s diagnosed and treated, and find resources to support you along your iron journey

My notes and next steps

You can use this space to write down questions, next appointment date, follow-up actions or personal reflections.

References: 1. Pavord S. Iron deficiency in women – the silent debilitator. Available at: <https://www.rcpath.org/static/dd4d4fe5-d429-4259-bc2d45e67b456467/iron-deficiency-in-women-the-silent-debilitator.pdf> (Accessed November 2025). 2. Dugan C *et al.* The misogyny of iron deficiency. *Anaesthesia* 2021;76(Suppl 4):56–62.

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