

## Haematology – Clinical Guidelines: Pernicious Anaemia – Discharge Advice for GPs

### Maintenance Treatment

- Hydroxycobalimin 1 mg IM three monthly

### Monitor FBC, TFT's annually

### Reasons to re-refer:

- Developing a significant cytopenia (for instance):  
Hb dropping below 100 g/L  
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.)