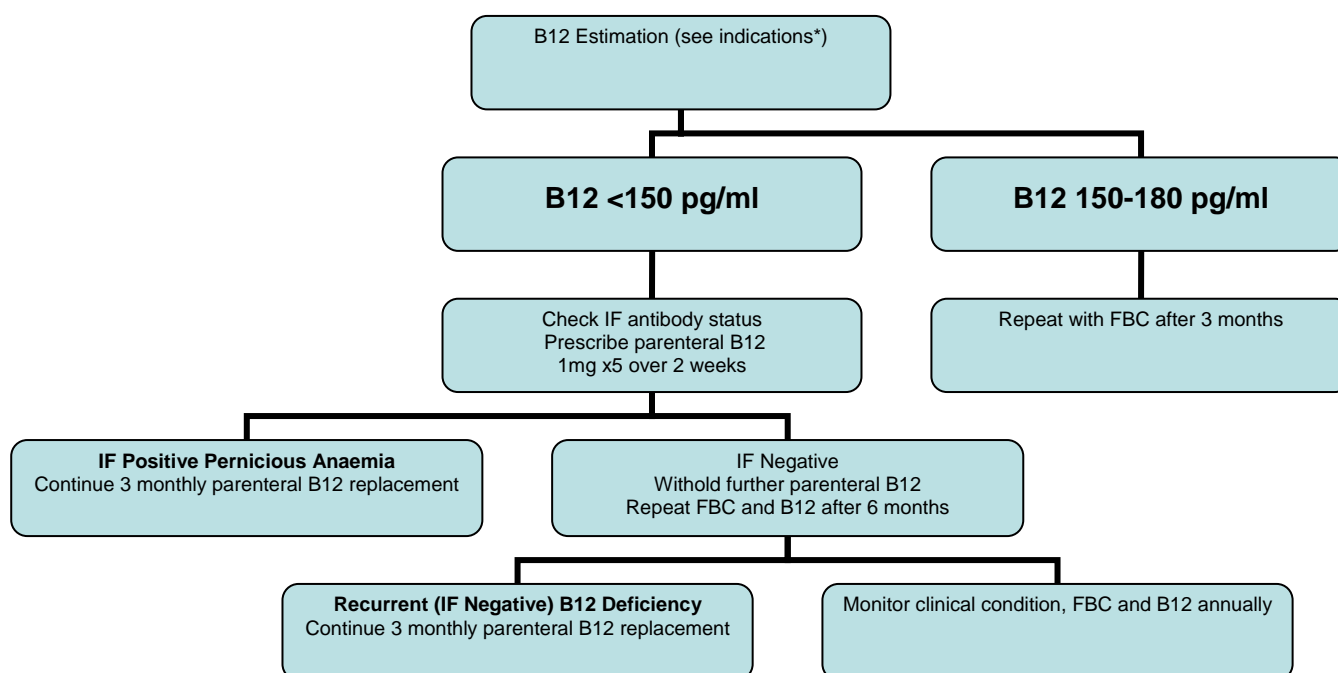


## Indications for B12 and Folate Estimation\*

Clinical	Laboratory
<b>gastrointestinal disease</b>	macrocytosis (+/- anaemia)
glossitis	(pan)cytopenia
surgery/radiotherapy to stomach or small intestine	blood film report comment
malabsorption/unexplained diarrhoea	
<b>neuropsychiatric disease</b>	
peripheral neuropathy	
spinal cord demyelination	
visual loss	
dementia/mental impairment	
depression	
<b>malnutrition/dietary neglect or restriction</b>	



## Notes

Raised index of suspicion of autoimmune pernicious anaemia if

- personal history of autoimmune disease
- family history of autoimmune disease or pernicious anaemia

Oestrogen OCP and HRT reduces serum B12 without causing tissue deficiency

Monitor serum K<sup>+</sup> during initiation of treatment for severe anaemia/pancytopenia due to B12/folate deficiency