

Your Care Plan: Initial Consultation

For: Chloe Hines

Date: 20/02/2025

27 weeks pregnant

Summary of key issues discussed in consult

1. History of iron deficiency in this pregnancy

I'm waiting to cite your pregnancy (past) blood test results before I can comment on what is the best course of action for you, eg. prescribing a specific iron supplement regime, or referral for an iron infusion.

2. Comprehensive blood testing

If you're to have more blood tests done next week, please ask that the following are included on the request form. This allows me to get a greater understanding of your nutritional needs and metabolic health during this pregnancy.

- Full blood examination
- Iron Studies
- Vitamin B12 & Folate
- Vitamin D
- Full thyroid panel - TSH, T4, T3, Thyroid antibodies

Please ask for a copy of your results to be sent/mailed to you also. Then send copies through to me.

3. Pregnancy nutritional supplementation

Once I've seen these blood test results I can comment on and prescribe for you specifically in your First-Follow Up Consultation.

If you have any questions, please let me know.