



## Checklist for Haemoglobin Estimation

S. No	Task	Cases			
		1	2	3	4
1.	Keep all the necessary items ready (Sahli's Hbmeter , N/10 HCl, gloves, spirit swabs, lancet, distill water and dropper, puncture proof container, 0.5% Chlorine solution )				
2.	Washes hands and wears gloves				
3.	Cleans the Hb tube and pipette				
4.	Fills the HB tube with N/10 HCl upto 2 gm with the dropper				
5.	Cleans tip of the person's ring finger with spirit swab				
6.	Pricks the finger with lancet and discards first drop of blood				
7.	Allows a large blood drop to form on the fingertip and sucks it with pipette upto 20 cm mark. Takes care that air entry is prevented while sucking the blood.				
8.	Wipes tip of the pipette and transfers the blood to the Hb tube containing N/10 HCl				
9.	Rinses the pipette 2-3 times with N/10 HCl				
10.	Leaves the solution in test tube for 10 min				
11.	After 10 minutes, dilutes the acid by adding distil water drop-by-drop and mix it with stirrer				
12.	Matches with the colour of the comparator				
13.	Notes down the reading (lower meniscus)				
14.	Disposes off the used lancet in puncture proof container				
15.	Drops the used gloves in 0.5% Chlorine solution				

### Key Points -Hb estimation

- In a pregnant woman, Hb estimation must be done during each visit.
- The initial haemoglobin level will serve as a baseline with which the later results, obtained at the three subsequent antenatal visits, can be compared.
- Interpretation of findings:
  - Hb > 11 gm% (absence of anaemia) –
    - Prophylactic IFA tablet (100 mg elemental iron and 0.5 mg folic acid) once a day for six months,
    - Starting after the first trimester, at 14–16 weeks of gestation.
    - Regimen is to be repeated for six months post-partum.
  - Hb 7-11 gm% (moderate anaemia)-
    - Therapeutic IFA tablet twice a day.
    - Regimen is to be repeated for six months post-partum.
  - Hb < 7 gm % (severe anaemia) or those who have breathlessness and tachycardia (pulse rate of more than 100 beats per minute) due to anaemia-
    - Start the therapeutic dose of IFA and
    - Refer the woman to FRU.