Preoperative Anemia Management for Orthopedic Surgery Patients

What is Anemia?
Anemia is a very common blood disorder that occurs when the level of healthy red blood cells (RBCs) in the body becomes too low. This can lead to health problems because RBCs contain hemoglobin, which carries oxygen to the body's tissues.

How will I know if I am anemic?
Anemia is diagnosed by a blood test called a complete blood cell (CBC) count, which your doctor may send you for today.

What is the Pre-Operative Anemia Management Program and why does my doctor want me to be involved?
Now that you are being scheduled for surgery, your doctor would like to decrease the chance that you will need a blood transfusion before, during, or after surgery. Blood loss during surgery is expected, so if you are already anemic, and your RBCs are too low before surgery, the possibility that you would need a blood transfusion could be very high. A pre-operative anemia management program has been started at Upstate University Hospital at Community Campus to help take care of patients who would prefer to receive blood while they are in the hospital. The pre-operative anemia management program for orthopedic patients is a great way to reduce the chance that you will need a blood transfusion as part of your care after your surgery.

What will I have to do before surgery?
After you blood is drawn, the results will be sent to the pre-testing center. If your RBCs are too low, or your iron levels are too low, you will be able to come to the hospital to receive medications that will help your body make more red blood cells. A nurse will call you and make an appointment for you to come to the hospital outpatient infusion area before the date of your surgery.

Medications you might receive:
**IV Iron:** an iron product that is administered through a vein. Iron is a mineral needed by your body to make new red blood cells. Iron also helps red blood cells function.
**Vitamins / Minerals:** Your body also needs good levels of Folic acid and vitamin B12 to help make red blood cells. Vitamin C helps your body absorb iron. Your doctor may ask you to take these every day before surgery.

Any Questions?
If you have any questions about the Pre-Operative Anemia Management Program, please call the Pre Testing Center at the Community Campus at (315) 492-5874. A program associate is available Monday - Friday from 7:00 am - 3:30pm.