

## Pathology Quick Guide for General Practice: B12 and Folate Testing

Clinical Situation	Recommendation	Source
Monitoring vitamin B12 and folate deficiency	<p>Repeat measurement of vitamin B12 and folate is unnecessary in patients with vitamin B12 and folate deficiency who are having replacement treatment. Measurement of haemoglobin and MCV should suffice.</p> <p>A full blood count and reticulocyte count can be considered:</p> <ul style="list-style-type: none"> <li>After approximately 10 days of treatment to document the response.</li> <li>After 8 weeks to confirm a normal blood count.</li> <li>On completion of folic acid treatment to confirm a response.</li> </ul> <p>If oral therapy is used then check again 1 year later to assess patient compliance. These patients will be seen regularly therefore an annual full blood count is the best course in case any complications develop.</p>	<p>NICE Clinical Knowledge Summary Guidelines: Anaemia –Vitamin B12 and Folate Deficiency</p> <p><a href="http://cks.org.uk/anaemia-b12-and-folanicete-deficiency#!scenario:7">http://cks.org.uk/anaemia-b12-and-folanicete-deficiency#!scenario:7</a></p> <p>Consultant Haematologist, St George’s Hospital</p>

Guidance produced using *National Minimum Re-testing Interval Project* published by the Association for Clinical Biochemistry and Laboratory Medicine and supported by the Royal College of Pathologists in 2013.