

Iron Levels in Pregnancy Chart

Metric	Reference values	Notes
Hemoglobin levels	Hemoglobin levels below the following are consistent with anemia in pregnancy: <ul style="list-style-type: none"> • First trimester and third trimester: less than 11 g per dL (110 g per L) • Second trimester: less than 10.5 g per dL (105 g per L) • Less than 6 g per dL (60 g per L) has been associated with poor fetal outcomes, including death 	The American College of Obstetricians and Gynecologists recommends screening for anemia and implementing iron therapy if iron deficiency anemia is confirmed.
Serum ferritin levels	Physiological ferritin thresholds for iron deficiency (ID) are as follows: <ul style="list-style-type: none"> • First trimester: ~25 µg/L in • Second and third trimesters: ~20 µg/L 	These physiologically identified ferritin thresholds for ID track concentrations of hepcidin, the iron-regulatory hormone.
Total iron-binding capacity (TIBC) levels	<ul style="list-style-type: none"> • First trimester: 235 – 408 µg/dL • Second trimester: 302 – 519 µg/dL • Third trimester: 380 – 597 µg/dL 	Non-Non-transferrin-bound iron and ferritin-bound iron can falsely elevate transferrin saturation levels
Additional notes		

American College of Obstetricians and Gynecologists. ACOG practice bulletin no. 95: anemia in pregnancy. *Obstet Gynecol.* 2008;112(1):201-207.

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