



Haemochromatosis Screening

Introduction:

If Hereditary Haemochromatosis (HH) is suspected, the diagnosis can be confirmed by blood tests.

The screening protocol is dependent on presentation / family history.

Consensus recommended investigations.

- **First degree relative with HH:**
 - Fasting iron & saturation
 - Ferritin
 - Haemochromatosis Gene testing
- **No family history.**
 - Fasting iron & saturation*
 - Ferritin*

*Follow-up with *Haemochromatosis gene testing*, if fasting iron saturation or ferritin above normal limits **and** unexplained.

If a request for Haemochromatosis screening is received without specific request for *Haemochromatosis Gene testing*, the following will only be performed.

- Fasting iron & saturation
- Ferritin

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For further information:

BPAC 2015 [Identifying and managing hereditary haemochromatosis in adults](#),
Waikato DHB [primary care management guideline- Haemochromatosis and Iron](#).