

SELF-MANAGEMENT CHEAT SHEET FOR PEOPLE WITH THALASSAEMIA - TIMETABLE OF CLINICAL AND LABORATORY TESTS

INITIAL ASSESSMENT / DIAGNOSIS			ROUTINE TESTS		Clinical Testing	Laboratory Testing	Imaging Testing	
Laboratory Tests			Children and Adolescents					
			Monthly	3-Monthly	6-Monthly	12-Monthly	As Clinically Indicated	
CBC Hb; indices; nucleated red Cells; platelets	Hb fractionation	Quantification HbA; HbA2; HbF		Height	Growth velocity	Bone deformity		
		Quantification Hb variants		Weight	Tanner stage (Pubertal Development; from 10 years)	Bone age (for the first 10 years of life)		
	Molecular mapping	α-Globin gene cluster	Transfusion reactions	Serum ferritin	Zinc levels	Audiology	Holter ECG	
		β-Globin gene cluster	Weight	Transferrin saturation	Magnesium levels	Ophthalmology	Right cardiac catheterisation (if Elevated TRV)	
	Blood group Antigen typing	ABO system	Blood pressure	Transaminases	Vitamin D levels	Dental	Liver biopsy (Optional)	
		Rh system and subgroups	Complete blood count	γ-GT, ALP, LDH	Cholesterol / Triglycerides	ECG	Duplex Abdominal ultrasonography	
	HLA type	Nucleated red cell count	Bilirubin (t,d)	Urinalysis	Ergospirometry (if clinically indicated)	MRI of Hypothalamic - pituitary region		
	G6PD Quantification	New red cell antibodies	Total Protein		Echocardiography	MRI pancreas		
		Temperature	Albumin		MRI Cardiac T2*	Thyroid ultrasound		
		Pulse	Blood urea		MRI Liver iron (LIC)	PQCT		
	O2 Saturation	Creatinine		Abdominal ultrasound (every 6 ms if liver disease)	Lateral Spinal X-Ray for Spinal Fractures			
Clinical Tests (Repeat at each visit and/or as indicated)				Uric Acid		DEXA scan	Direct Coomb's test	
				Electrolytes		Fibroscan (6ms if liver disease)	C-reactive protein	
				Calcium Ionised		HAV serology (unless vaccinated)	Serum folate	
				Phosphate		HBV serology/PCR (unless vaccinated)	Creatinine clearance	
				Fasting Sugar		HCV serology/PCR	PT, PTT, fibrinogen (if Active Disease)	
				Creatine Kinase		HIV serology	Alpha fetoprotein	
						GTT	Troponins	
						Thyroid function (>5yrs)	Nitroretic peptides	
						Parathormone (>5yrs)	Fructosamine (if Diabetes)	
						LH-ICMA (>12-14yrs)	Fasting plasma insulin	
			FSH (12-14yrs)	GH-secretion				
			Estradiol/testosterone (12-14yrs)	Osteocalcin				
			IGF-1, IGF BP-3	Test for bone formation e.g. Bone Specific ALP				
			Cortisol + after ACTH stimulation	Test for bone resorption e.g. RANKL				
Clinical Tests (Repeat at each visit and/or as indicated)								