

What is iron deficiency anaemia?

Iron is an important building block for making haemoglobin, the part of your red blood cells that deliver oxygen to every cell in your body. Iron deficiency anaemia can occur if you do not have enough stored iron to make the haemoglobin you need.

During pregnancy your body needs three times the amount of iron than when you are not pregnant. It is estimated 1 in every 4 pregnant women in the UK are anaemic.

