

Haemoglobin Colour Scale

14

12

10

8

6

4

- 1-Clean fingertip or heel with alcohol
- 2-Obtain drop of blood by skin puncture
- 3-Apply to absorbent paper, then blot firmly
- 4-Wait 30 seconds, then compare to chart
- 5-Read in natural light, out of direct sun
- 6- Results may be <, between, or > block
For example: <4, 5, 7, 9, 11, 13, or >14
- 7-Estimate Haemoglobin to 1 gm/dL

Normal ranges:

Newborn & Adult: > 14 male; >12 female
After 6 months: 8-10 usually indicates
nutritional anaemia with moderate risk
<8 indicates severe anaemia with high risk
Mild risk if >10, but < normal for age

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