Coastal Carolina University
Athletic Training Department
Policy and Procedure Manual
Iron Testing
Revised/Reviewed 7/2011

INTRODUCTION:

Due to the nature of distance running and the prevalence of blood disorders, we will screen all individuals on the current men's and women's cross country rosters upon their arrival to campus in August. The team physician will monitor the testing and interpretation of the results closely throughout the year. There will be several different times during the year that the athletes will be tested and evaluated.

PROCEDURE:

- As soon as the athletes arrive on campus for preseason workouts in August, a blood test order will be given to them from our team physician. They will take the order over to Soletas Labs in Conway, SC and have their blood drawn.
- The team physician will be contacted with the results of the blood test. Based on the information of the blood test, he will then decide if further action is needed. A Ferritin level <50 is considered low according to the USOC. A hemoglobin <11 is also criteria for supplement use.
- If the team physician deems it necessary to prescribe an iron supplement due to an iron-deficiency in the athlete, the prescription will be called into Rite-Aid pharmacy in Conway.
- The athletes who are iron-deficient will be placed on a three-month supply of a multivitamin with iron taken daily.
- The iron-deficient athletes will be tested on three month intervals. They will be given a blood test order at each interval to be taken to Soletas Labs in Conway, SC. The team physician again will be contacted with the results of the blood test. If there are still athletes who are iron-deficient, they will be placed on another three months of the multivitamin with iron supplement and have their blood tested again at another three month interval. If levels are persistently low (as determined by the team physician) then further testing will be done and additional treatment plans will be discussed.
- This process will repeat as the team physician deems it necessary.
- Any additional athlete throughout the year that is suspected to have an iron disorder, but has previously tested negative, will be evaluated further by our team physician.
- All evaluations will be through either the Student Health Center on campus or at the team physician's private practice.