PROCEDURES TO FOLLOW
IN THE EVENT OF AN ABNORMAL RESULT
MOUNTAIN-BIKE – TRACK – BMX

FERRITIN
- The level of ferritin must always be correlated with the level of C-Reactive Protein or with the sedimentation rate.
- If ferritin > 300 ng/ml, it is not permitted to take iron even orally.
- Genetic test (once in a lifetime) for gene abnormality HFE if:
  - ferritin > 1000 ng/ml
  - ferritin > 500 ng/ml in two consecutive tests
    - If test + for homozygotia/heterozygotia: ask for specialised opinion (gastro-enterologist or hepatologist or haematologist)
    - If test -: specialised opinion (gastro-enterologist or hepatologist or haematologist) if still high at the next test

HAEMATOPOIESIS
- Abnormal levels:
  - Haematocrit: > 50 % for men, 47% for women
  - Haemoglobin: > 17 g/dl (10,5 mmol/l); > 16 g/dl (10 mmol/l) for women
  - Reticulocytes: < 0.4 % or > 2.4 %
    < 20000/µl or > 120000/µl
- In the event of an abnormal result of one of these parameters: redo all the haematological tests within a deadline of 10 days following the reception of the results. The procedure to follow subsequently should be discussed with the UCI doctor.

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