



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 homozygosity/heterozygosity: 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/ μ l or > 120000/ μ l
- 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.

February 2013