

Blood Transfusion Thresholds

Restrictive strategy with clinical exceptions

Hematology

PHYSICIAN REFERENCE

General

- For many hemodynamically stable hospitalized adults, restrictive RBC transfusion thresholds around Hb 7 g/dL are favored.

Individualize

- Active major hemorrhage, ischemic symptoms, cardiovascular disease, perioperative context and chronic transfusion disorders may require different decisions.

Always

- Treat the patient and bleeding trajectory, not a single Hb value; reassess after each unit when feasible.

Clinical safety note

Use this as a memory aid, not a prescription. Verify current guidelines, local protocols, contraindications, renal/hepatic dosing, pregnancy status, interactions and patient-specific factors before treatment.