

**THE EFFECT OF GIVING FE TABLETS ACCOMPANIED BY RED
GUAVA JUICE ON INCREASING HEMOGLOBIN LEVELS IN
MOTHER PREGNANT ANEMIA THIRD TRIMESTER AT SALMAN
MEDIKA CLINIC**

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ABSTRACT

Background : Anemia is a condition with a lack of red blood cells (erythrocytes) in the blood cycle or hemoglobin mass, so it cannot fulfill its function as an oxygen carrier for the entire tissue. Anemia often occurs in the third trimester, in the third trimester hemodilution occurs and a decrease in hemoglobin level begins at 10 weeks of gestation and reaches its peak between 32 and 36 weeks of gestation. Treatment to increase hemoglobin levels uses pharmacological and non-pharmacological management, one of the pharmacological management is by giving vitamin C so that the process of absorption and formation of hemoglobin is faster, such as consuming red guava juicy every day 1x1 along with Fe. **Objective** : To determine the effect of Fe tablets accompanied by red guava juice in third trimester anemic pregnant women on changes in hemoglobin levels at the Salman Medika Clinic. **Method** : This research is quasi-experimental in nature using Pre post test control group design. The sampling method in this study used purposive sampling with a total sample of 20 pregnant women, namely 10 pregnant woman in the control group and 10 pregnant women in the intervention group. Hemoglobin measurement tool uses quick check Hb. Bivariate analysis in this study used paired t-test and independent t-test. **Result** : Pre-post research in the intervention group p value was 0.000 ($p < 0.05$) and in the control group was 0.102 ($p > 0.05$). This shows that the result of pre-post research in the intervention group have a p value of 0.000. There is an effect of giving Fe tablets accompanied by red guava juice on increasing hemoglobin levels in pregnant women in the third trimester **Conclusion** : Giving Fe tablets accompanied by red guava juice can increase hemoglobin levels during pregnancy.

Keywords : Hemoglobin, Anemia, Pregnant Women, Red Guava Juice.