

Wednesday, 13 September 2017

[Nursing](#)

The poster is titled "FOLIC ACID and VITAMIN D GUIDELINES FOR HEALTH PROFESSIONALS" and is issued by the HSC Public Health Agency and the HSC Health and Social Care Board. It is divided into three main sections: 1. "FOLIC ACID AND NEURAL TUBE DEFECTS (NTDs)" with a blue box for "Baseline for ALL women who could become pregnant" (400mcg daily Folic Acid) and a red box for "For women AT HIGHER RISK of having a baby with an NTD" (5mg daily Folic Acid). 2. "VITAMIN D - RDA 10mcg a day" with a green box detailing seasonal and cultural considerations for supplementation. 3. A note at the bottom stating "50% of women on anti-epileptic drugs are prescribed them for non-epileptic conditions".

HSC Public Health Agency | HSC Health and Social Care Board

### FOLIC ACID and VITAMIN D GUIDELINES FOR HEALTH PROFESSIONALS

**FOLIC ACID AND NEURAL TUBE DEFECTS (NTDs)**

**Baseline for ALL women who could become pregnant**

- Advise women that they can purchase Folic Acid (400 mcg daily) over the counter **OR**
- Prescribe 400mcg daily Folic Acid
- Duration: from 12 weeks before conception to 12 weeks pregnant

**A woman is AT HIGHER RISK of having a baby with a Neural Tube Defect (NTD) affected pregnancy if one or more of the following apply:**

- There is a family history of NTDs (woman or father's family)
- She has diabetes
- She is taking anti-epileptic drugs\* (for any indication)
- She has a BMI > 30
- She has coeliac disease
- She has thalassaemia

**For women AT HIGHER RISK of having a baby with an NTD**

- Prescribe 5mg daily Folic Acid (prescription-only dosage)
- Duration: from 12 weeks before conception to 12 weeks pregnant

\*50% of women on anti-epileptic drugs are prescribed them for non-epileptic conditions

**VITAMIN D - RDA 10mcg a day**

In summer, most people get enough vitamin D from sunlight. Between October and March a 10mcg supplement of vitamin D per day for pregnant/breastfeeding women should be encouraged. (People who cover their skin for cultural reasons, those confined indoors or with dark skin should take a daily supplement of vitamin D throughout the year.)

Folic acid and Vitamin D guidelines for health professionals.

## Details

Format

PDF, poster

Target group

Health Professionals

## Downloads

**Attachment**

**Size**

[FOLIC ACID and VITAMIN D Guidelines 2017.pdf](#) 170.75 KB

## Tags

- [folic acid](#)
- [vitamin d](#)
- [pregnancy](#)
- [nutrition](#)
- [supplements](#)

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