

Wednesday, 13 September 2017

[Nursing](#)

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

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