

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)" - This section includes a blue box for "Baseline for ALL women who could become pregnant" with instructions to advise women to purchase 400mcg daily Folic Acid over the counter or prescribe 400mcg daily Folic Acid, with a duration from 12 weeks before conception to 12 weeks pregnant. Below this, it lists risk factors for a woman being at higher risk of having a baby with a Neural Tube Defect (NTD), such as family history, diabetes, anti-epileptic drugs, BMI > 30, coeliac disease, and thalassaemia. A red box for "For women AT HIGHER RISK of having a baby with an NTD" instructs to prescribe 5mg daily Folic Acid (prescription-only dosage) from 12 weeks before conception to 12 weeks pregnant. A note states that 10% of women on anti-epileptic drugs are prescribed them for non-epileptic conditions. 2. "VITAMIN D - RDA 10mcg a day" - This section includes a green box stating that in summer, most people get enough vitamin D from sunlight, but between October and March, a 10mcg supplement per day for pregnant/breastfeeding women should be encouraged, and people who cover their skin for cultural reasons, those confined indoors, or with dark skin should take a daily supplement 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](#)
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