

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 higher risk of NTDs: family history, diabetes, anti-epileptic drugs, BMI > 30, coeliac disease, and thalassaemia. A red box for "Higher Risk" 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 a 10mcg supplement is recommended from October to March for pregnant/breastfeeding women, those with limited sun exposure, or those with dark skin.

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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- [vitamin d](#)
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