# FOLIC ACID

**Presentation**

- Tablet: 500 microgram, Tablet: 5 mg
- Oral Mixture: 500 microgram/mL (100mL)
- Vial: 5mg/mL

**Other preparations containing folic acid:**

- Ferro-F-Tab®: Contains Folic Acid 350microgram
- Elevit®: Contains Folic Acid 800 microgram

**Dose**

**Treatment of folate deficiency**

- Oral, 5 mg once daily for at least 4 months; up to 15 mg daily may be required in malabsorption.

**Prevention of neural tube defects (NTD)**

- It is recommended that folic acid should be taken for a minimum of one month before conception and for the first 12 weeks of pregnancy.

- **Where there is a known increased risk of NTD** (patients taking anticonvulsant medication, pre-pregnancy diabetes mellitus, previous child or family history of NTD or BMI >30), or a risk of malabsorption:
  - Oral 5 mg once daily
  - **All other women:**
  - Oral 400 to 500 micrograms once daily

**Administration**

- **IM injection:** Inject undiluted into a large muscle.
- **SUBCUT injection:** Suitable.
- **IV injection:** Inject over 3 to 5 minutes. Dilute with sodium chloride 0.9% if necessary.
- **IV infusion:** Dilute 1 mL of 5 mg/mL with 49 mL of a compatible fluid to make a concentration of 100 micrograms/mL

**Compatible fluids:** Glucose 5%, Sodium chloride 0.9%, water for injections

**Pregnancy**

- **1st Trimester:** Safe to use
- **2nd Trimester:** Safe to use

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**WARNING:** do not confuse folic acid with folinic acid.
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<tr>
<th><strong>3rd Trimester:</strong></th>
<th>Safe to use</th>
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<td><strong>Breastfeeding</strong></td>
<td>Safe to use</td>
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<td><strong>Monitoring</strong></td>
<td>Women at increased risk of folate deficiency (e.g. multiple pregnancies, haemolytic anaemia) should have their full blood count monitored and be treated if evidence of folate deficiency.</td>
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**Clinical Guidelines and Policies**

- **Clinical Practice Guidelines**
  - Antepartum Care – Folic Acid Supplementation
  - Complications in Pregnancy - Anaemia
  - Increased Body Mass Index: Management of a Woman with Management of Hyperemesis Gravidarum
  - Multiple Pregnancy
  - Antenatal Shared Care
  - Urinary Tract Infection: Antibiotic Treatment For
  - Transfusion Medicine Protocol - Red Blood Cells (RBC) Prescription and Administration
  - Labelling of Injectable Medicines and Fluids
  - Medication Safety – Intravenous Medications
  - Parenteral Drugs (Administration Of)

**References**

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