





ADULT

FOLIC ACID

This document should be read in conjunction with this [DISCLAIMER](#)

<p>Presentation</p>	<p><i>WARNING: do not confuse folic acid with folinic acid.</i></p> <p>Tablet: 500 microgram, Tablet: 5 mg Oral Mixture: 500 microgram/mL (100mL) Vial: 5mg/mL</p> <p><u>Other preparations containing folic acid:</u> Ferro-F-Tab®: Contains Folic Acid 350microgram Elevit®: Contains Folic Acid 800 microgram</p>
<p>Dose</p>	<p><u>Treatment of folate deficiency</u></p> <p>Oral, 5 mg once daily for at least 4 months; up to 15 mg daily may be required in malabsorption.</p> <p><u>Prevention of neural tube defects (NTD)</u></p> <p>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.</p> <p>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:</p> <p>Oral 5 mg once daily</p> <p>All other women:</p> <p>Oral 400 to 500 micrograms once daily</p>
<p>Administration</p>	<p>IM injection: Inject undiluted into a large muscle.</p> <p>SUBCUT injection: Suitable.</p> <p>IV injection: Inject over 3 to 5 minutes. Dilute with sodium chloride 0.9% if necessary.</p> <p>IV infusion: Dilute 1 mL of 5 mg/mL with 49 mL of a compatible fluid to make a concentration of 100 micrograms/mL</p> <p>Compatible fluids: Glucose 5%, Sodium chloride 0.9%, water for injections</p>
<p>Pregnancy</p>	<p>1st Trimester: Safe to use</p> <p>2nd Trimester: Safe to use</p>

	3rd Trimester: Safe to use
Breastfeeding	Safe to use
Monitoring	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.
Clinical Guidelines and Policies	<p>Clinical Practice Guidelines</p> <p>Antepartum Care – Folic Acid Supplementation</p> <p>Complications in Pregnancy - Anaemia</p> <p>Increased Body Mass Index: Management of a Woman with Management of Hyperemesis Gravidarum</p> <p>Multiple Pregnancy</p> <p>Antenatal Shared Care</p> <p>Urinary Tract Infection: Antibiotic Treatment For</p> <p>Transfusion Medicine Protocol - Red Blood Cells (RBC) Prescription and Administration</p> <p>Labelling of Injectable Medicines and Fluids</p> <p>Medication Safety – Intravenous Medications</p> <p>Parenteral Drugs (Administration Of)</p>
References	<p>Society of Hospital Pharmacists of Australia. Folic Acid. In: Australian Injectable Drugs Handbook [Internet]. [St Leonards, New South Wales]: Health Communication Network; 2016 [cited 2017 May 18]. Available from: http://aidh.hcn.com.au</p> <p>Australian Medicines Handbook. Folic Acid. In: Australian Medicines Handbook [Internet]. Adelaide (South Australia): Australian Medicines Handbook; Jan 2017 [cited 2017 May 19]. Available from: https://amhonline.amh.net.au/</p> <p>Australian Government. Folate. In: National Health and Medical Research Council. Nutrient Reference Values [Internet]. 2014 [cited 2017 May 19]. Available from: https://www.nrv.gov.au/nutrients/folate</p> <p>The Royal Australian and New Zealand College of Obstetricians and Gynaecologists. Vitamin and Mineral Supplementation and Pregnancy [Internet]. May 2015 [cited 2017 May 19]. Available from: https://www.ranzcog.edu.au/</p> <p>The Royal Women's Hospital. Folic acid. In: Pregnancy and Breastfeeding Medicines Guide [Internet]. Parkville (Victoria): The Royal Women's Hospital; Aug 2016 [cited 2017 May 19]. Available from: https://thewomenspbmg.org.au/</p>

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