



ADULT Medication Monograph

FOLIC ACID



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

[Formulary: Unrestricted](#)

Class	B Group Vitamin
Presentation	<p>WARNING: Do not confuse Folic Acid with Folinic Acid (Calcium Folate)</p> <p>Tablet: 500microgram, 5mg</p> <p>Other products containing Folic Acid:</p> <p>Ferro-F Tab®: contains 350micrograms of Folic Acid</p> <p>Elevit®: contains 800micrograms of Folic Acid</p>
Storage	Store below 25°C, do not refrigerate. Protect from light.
Dose	<p><u>Treatment of folate deficiency</u></p> <p>Oral:</p> <p>5mg once daily for at least 4 months.</p> <p>Up to 15mg once daily may be required in malabsorption.</p> <p><u>Prevention of neural tube defects</u></p> <p><i>It is recommended that folic acid should be taken for a minimum of one to two months before conception and for the first 3 months of pregnancy. In those on antiepileptic medication, dosing should begin at least 3 months prior to conception.</i></p> <p>If patient has diabetes, previous pregnancy with neural tube defect, close family history of neural tube defect, BMI >35 or is taking antiepileptic medications</p> <p>Oral: 5mg once daily before conception and for the first 12 weeks of pregnancy</p> <p>For all other women</p> <p>Oral: 500micrograms once daily before conception and for the first 12 weeks of pregnancy</p>

Administration	Taking supplements at bedtime may be better tolerated than in the mornings on an empty stomach.
Pregnancy	1st Trimester: Safe to use 2nd Trimester: Safe to use 3rd Trimester: Safe to use
Breastfeeding	Safe to use
Monitoring	Women at increased risk of folate deficiency (e.g. malabsorption, multiple pregnancy, decreased dietary intake, drugs which alter folate metabolism, haemolytic anaemia etc.) should have their full blood count monitored for evidence of deficiency.
Clinical Guidelines and Policies	<p>HDWA Policies: Prenatal Screening and Diagnostic Tests</p> <p>KEMH Clinical Guidelines: Pregnancy Care: First Trimester Complications Multiple Pregnancy Infections: Urinary Tract Infections in Pregnant Women Anaemia and Iron Deficiency: Management in Pregnancy and Post-Partum Management of Women with Increased Body Mass Index Diabetes in Pregnancy: Dietary Management Phenylketonuria (PKU) – Maternal Management During Pregnancy Obesity in Pregnancy – Dietary Management Antenatal Shared Care: Guidelines for General Practitioners Pregnancy, Birth and your Baby: A Guide to your care with KEMH, Family Birth Centre, Community Midwifery Program</p> <p>KEMH Pharmaceutical & Medicines Management Guidelines: KEMH Pharmaceutical & Medicines Management Guideline: Medication Administration</p>
References	<p>Australian Medicines Handbook. Folic Acid. In: Australian Medicines Handbook [Internet]. Adelaide (South Australia): Australian Medicines Handbook; 2020 [cited 2020 Jun 22]. Available from: https://amhonline.amh.net.au/chapters/blood-electrolytes/drugs-anaemias/other-drugs-anaemias/folic-acid#folic-acid-dosage</p> <p>Therapeutic Guidelines. Vitamin, mineral and trace element deficiencies: Water-soluble vitamin deficiencies. In: eTG complete [Internet]. West Melbourne (Victoria): Therapeutic Guidelines; 2020 [cited 2020 Jun 22]. Available from: https://tgldcdp.tg.org.au/viewTopic?topicfile=vitamin-mineral-deficiencies&guidelineName=Gastrointestinal#toc_d1e478</p>

	<p>Therapeutic Guidelines. Epilepsy and seizures: Planning for pregnancy. In: eTG complete [Internet]. West Melbourne (Victoria): Therapeutic Guidelines; 2020 [cited 2020 Jun 22]. Available from: https://tgldcdp.tg.org.au/viewTopic?topicfile=epilepsy-and-seizures&guidelineName=Neurology#toc_d1e651</p> <p>The Royal Women's Hospital. Folic acid. In: Pregnancy and Breastfeeding Medicines Guide [Internet]. Parkville (Victoria): The Royal Women's Hospital; 2020 [cited 2020 Jun 22]. Available from: https://thewomenspbmg-org-au.kelibresources.health.wa.gov.au/medicines/folic-acid/</p> <p>The Royal Australian and New Zealand College of Obstetricians and Gynaecologists. Pre-pregnancy Counselling. C-Obs 3A [Internet]. Victoria: The Royal Australian and New Zealand College of Obstetricians and Gynaecologists; 1992 [updated 2017 Jul; cited 2020 Jun 22]. Available from: https://ranzcog.edu.au/RANZCOG_SITE/media/RANZCOG-MEDIA/Women%27s%20Health/Statement%20and%20guidelines/Clinical-Obstetrics/Pre-pregnancy-Counselling-(C-Obs-3a)-review-July-2017_1.pdf?ext=.pdf</p>
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