



## ADULT MEDICATION GUIDELINE

# Folic Acid

**Scope (Staff):** All WNHS Staff

**Scope (Area):** Obstetrics and Gynaecology

This document should be read in conjunction with the [Disclaimer](#).

### Quick Links

[Dose](#)

[Administration](#)

[Monitoring](#)

[Pregnancy and  
Breastfeeding](#)

### Restrictions

[Formulary: Unrestricted](#)

### Medication Class

B Group Vitamin

### Presentation

**WARNING:** Do not confuse Folic Acid with Folinic Acid (Calcium Folate)

**Tablet:** 500 microg, 5 mg

**Vial:** 5 mg/ mL

**Other products containing Folic Acid:**

Ferro-F Tab®: contains 350 micrograms of Folic Acid

Elevit®: contains 800 micrograms of Folic Acid

### Storage

**Tablets:** Store at room temperature, below 25°C.

**Vial (solution):** Store at 2 to 8 °C. Do not freeze. Protect from light.

### Dose

**Treatment of folate deficiency****Oral:**

5 mg once daily for at least 4 months.

Up to 15 mg once daily may be required in malabsorption.

**IM/IV/SC:**

1 to 5 mg once daily (IM preferred); use ONLY if oral route is not possible or in severe malabsorption states.

**Prevention of neural tube defects**

It is recommended that folic acid should be taken for a minimum of one month 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. For people taking drugs that affect folate metabolism, it is generally recommended that supplementation continue throughout their pregnancy.

**Patients with pre-pregnancy diabetes mellitus, previous child or family history of NTD, post-bariatric surgery, BMI >30 or on antiepileptic medication**

**Oral:** 5 mg once daily before conception and for the first 12 weeks of pregnancy.

**For all other women**

**Oral:** 500 microg once daily before conception and for the first 12 weeks of pregnancy.

**Administration**

**Oral:** Taking supplements at bedtime may be better tolerated than in the mornings on an empty stomach.

**IM/IV/SC:** Refer to [Australian Injectable Drugs Handbook](#). IM route preferred; use ONLY if oral route is not possible or in severe malabsorption states.

**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.

**Pregnancy**

**1<sup>st</sup> Trimester:** Safe to use

**2<sup>nd</sup> Trimester:** Safe to use

**3<sup>rd</sup> Trimester:** Safe to use

## Breastfeeding

Safe to use

## Related Policies, Procedures & Guidelines

### HDWA Policies:

[Prenatal Screening and Diagnostic Tests](#)

### 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](#) (intranet only)

[Phenylketonuria \(PKU\) – Maternal Management During Pregnancy](#) (intranet only)

[Obesity in Pregnancy – Dietary Management](#) (intranet only)

[Pregnancy post-bariatric surgery – dietary management](#) (intranet only)

[Pregnancy, Birth and your Baby: A Guide to your care with KEMH, Family Birth Centre, Community Midwifery Program](#)

### KEMH Pharmaceutical & Medicines Management Guidelines:

[KEMH Pharmaceutical & Medicines Management Guideline: Medication Administration](#) (intranet only)

## References

AusDI. Foltabs 500mcg Tablets. [Internet]. AusDI By MedicalDirector; 2023 [cited 2023 May 15]. Available from: <https://ausdi-hcn-com-au.kelibresources.health.wa.gov.au/productMonograph.hcn?file=0434>

Australian Medicines Handbook. Folic Acid. In: Australian Medicines Handbook [Internet]. Adelaide (South Australia): Australian Medicines Handbook; 2023 [cited 2023 Apr 21]. Available from: <https://amhonline.amh.net.au/>

MIMS Australia. Megafol. In: MIMS Online [Internet]. St Leonards (New South Wales): MIMS Australia; 2021 [cited 2023 May 15]. Available from: <https://www.mimsonline-com-au.kelibresources.health.wa.gov.au>









Therapeutic Guidelines. Water-soluble vitamin deficiencies: Folate supplementation in adults. In: eTG complete [Internet]. West Melbourne (Victoria): Therapeutic Guidelines; 2022 [cited 2023 May 15]. Available from: [Topic | Therapeutic Guidelines \(health.wa.gov.au\)](http://www.theguidelines.org.au/Topic/Therapeutic-Guidelines/health.wa.gov.au)

Therapeutic Guidelines. Epilepsy and Seizures: Pregnancy in patient with epilepsy. In: eTG complete [Internet]. West Melbourne (Victoria): Therapeutic Guidelines; 2021 [cited 2023 May 03]. Available from: [Topic | Therapeutic Guidelines \(health.wa.gov.au\)](http://www.theguidelines.org.au/Topic/Therapeutic-Guidelines/health.wa.gov.au)

The Royal Women's Hospital. Folic acid. In: Pregnancy and Breastfeeding Medicines Guide [Internet]. Parkville (Victoria): The Royal Women's Hospital; 2022 [cited 2023 May 15]. Available from: <https://thewomenspbmg.org.au/>

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 2021 November; cited 2023 April 21]. Available from: [Pre-pregnancy Counselling \(ranzcoq.edu.au\)](http://www.ranzcoq.edu.au/Pre-pregnancy-Counselling)

Society of Hospital Pharmacists of Australia. Folic Acid. In: Australian Injectable Drugs Handbook [Internet]. [St Leonards, New South Wales]: Health Communication Network; 2024 [cited 2024 Aug 19]. Available from: <http://aidh.hcn.com.au>

Keywords	folic acid, folate, vitamin B9, Megafol, Foltab, neural tube defects, NTD, folic acid deficiency, folate deficiency				
Document Owner:	Chief Pharmacist				
Author/ Reviewer	KEMH Pharmacy Department				
Version Info:	5.0				
Date First Issued:	02/2015	Last Reviewed:	19/08/2024	Review Date:	19/08/2029
Endorsed by:	Medicines and Therapeutics Committee			Date:	01/10/2024
NSQHS Standards Applicable:	<input checked="" type="checkbox"/>  Std 1: Clinical Governance <input type="checkbox"/>  Std 2: Partnering with Consumers <input type="checkbox"/>  Std 3: Preventing and Controlling Healthcare Associated Infection <input checked="" type="checkbox"/>  Std 4: Medication Safety		<input type="checkbox"/>  Std 5: Comprehensive Care <input type="checkbox"/>  Std 6: Communicating for Safety <input type="checkbox"/>  Std 7: Blood Management <input type="checkbox"/>  Std 8: Recognising and Responding to Acute Deterioration		
<p><b>Printed or personally saved electronic copies of this document are considered uncontrolled.</b>  <b>Access the current version from WNHS HealthPoint.</b></p>					

The health impact upon Aboriginal people has been considered, and where relevant incorporated and appropriately addressed in the development of this document (insert ISD Number). (Please refer to the

Aboriginal Health Impact Statement and Declaration for Department of Health and Health Service Provider Guidelines – please delete once you have completed this).

This document can be made available in alternative formats on request for a person with a disability.

© Women and Newborn Health Service 2024

Copyright of this material is vested in the State of Western Australia unless otherwise indicated. Apart from any fair dealing for the purposes of private study, research, criticism or review, as permitted under the provisions of the Copyright Act 1968, no part may be reproduced or re-used for any purposes whatsoever without written permission of the State of Western Australia.