



<p>Active ingredients (generic names)</p>	<p>FOLIC ACID (foe-lik as-id) Also known as: folate, vitamin B9 FOLIC ACID + IRON (foe-lik as-id + i-on)</p>  <p>Other medicines for anaemia Not included in this monograph — see individual monograph or <i>AMH</i> for more information:</p> <ul style="list-style-type: none"> • Iron • Vitamin B12
<p>What it is used for</p>	<ul style="list-style-type: none"> • Anaemia (weak blood) in pregnancy in combination with iron • Preventing birth defects — neural tube defects and spina bifida. Given in <ul style="list-style-type: none"> ▸ Antenatal (pregnancy) care ▸ Diabetes in pregnancy ▸ Epilepsy in pregnancy • Preventing folate deficiency during dialysis • To help prevent side effects in patients taking some medicines (eg methotrexate) • Treating folate deficiency in pregnancy
<p>How it works</p>	<ul style="list-style-type: none"> • Folic acid is needed by the body to make protein and build red blood cells, especially important for healthy development of foetus <ul style="list-style-type: none"> ▸ Higher doses are needed for pregnant women who have diabetes, epilepsy, BMI more than 30, have had a previous pregnancy with a neural tube defect • Replaces folate when levels are too low • Replaces folate lost when people take some medicines (eg methotrexate), so side effects less likely
<p>Side effects</p>	

 <p>Warnings</p>	<ul style="list-style-type: none">• Folic acid should not be given on the same day as methotrexate
<p>Tell the patient</p> 	<ul style="list-style-type: none">• For women who are pregnant or planning to become pregnant — if possible take folic acid for at least 1 month before getting pregnant, and then for first 3 months of pregnancy
<p>Check</p>	