### FOLIC ACID and VITAMIN D
#### GUIDELINES FOR HEALTH PROFESSIONALS

**FOLIC ACID AND NEURAL TUBE DEFECTS (NTDs)**

<table>
<thead>
<tr>
<th>Baseline for ALL women who could become pregnant</th>
<th>For women AT HIGHER RISK of having a baby with an NTD</th>
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</thead>
<tbody>
<tr>
<td>• Advise women that they can purchase Folic Acid (400 mcg daily) over the counter OR</td>
<td>• Prescribe 5mg daily Folic Acid (prescription-only dosage)</td>
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<td>• Prescribe 400mcg daily Folic Acid</td>
<td>• Duration: from 12 weeks before conception to 12 weeks pregnant</td>
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A woman is AT HIGHER RISK of having a baby with a Neural Tube Defect (NTD) affected pregnancy if one or more of the following apply:

- There is a family history of NTDs (woman or father’s family)
- She has diabetes
- She is taking anti-epileptic drugs* (for any indication)
- She has a BMI > 30
- She has coeliac disease
- She has thalassaemia

*50% of women on anti-epilepsy drugs are prescribed them for non-epileptic conditions

**VITAMIN D – RDA 10mcg a day**

In summer, most people get enough vitamin D from sunlight. Between October and March a 10mcg supplement of vitamin D per day for pregnant/breastfeeding women should be encouraged. (People who cover their skin for cultural reasons, those confined indoors or with dark skin should take a daily supplement of vitamin D throughout the year.)