Te Whatu Ora
Health New Zealand
Waitaha Canterbury

FOLIC ACID

fol-ik ass-id

What does it do?

Folic acid is used in people who are pregnant or planning to become pregnant to lower the chance of a development problem in your baby called neural tube defects. It is also used to prevent side effects caused by methotrexate, and to treat and prevent some types of anaemia.

Before you start

- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

How should you take it?

Take *folic acid* regularly as directed. You can take it with or without food.
Tablet: Take with a glass of water.
Liquid: Measure each dose carefully with an oral syringe or measuring spoon.

What if you forget a dose?

If it is nearly time for your next dose, skip the missed dose and take your next dose at the usual time. Otherwise, take the missed dose as soon as you remember. Do not take two doses at the same time.

Can you take other medicines?

Some medicines available without a prescription may react with *folic acid* including:

- products that also contain *folic acid* (e.g. Centrum®)

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products or recreational drugs.

What side effects might you notice?

Folic acid is unlikely to cause any side effects. If you notice any symptoms you are concerned about, discuss them with your doctor or pharmacist.

Other information:

- *Folic acid* is also known as folate.