

<p>Active ingredients (generic names)</p>	<p>FOLIC ACID (foe-lik as-id) Common brands include: <i>Blackmores Folate, Foltabs, Megafol</i> Also known as: folate, vitamin B9</p> <p>FOLIC ACID + IRON (foe-lik as-id + i-on) Common brands include: <i>FGF, Fefol, Ferro-F</i></p>  <p>Other medicines for anaemia Not included in this monograph — see individual monograph or <i>AMH</i> for information:</p> <ul style="list-style-type: none"> • Iron (p292) • Vitamin B12
<p>What it is used for</p>	<ul style="list-style-type: none"> • Anaemia (weak blood) in pregnancy in combination with iron (WBM p133) • Preventing birth defects — neural tube defects and spina bifida. Given in <ul style="list-style-type: none"> ◦ Antenatal (pregnancy) care (WBM p92) ◦ Diabetes in pregnancy (WBM p118) ◦ Epilepsy in pregnancy (WBM p141) • Preventing folate deficiency during dialysis • To help prevent side effects in patients taking some medicines (eg methotrexate) • Treating folate deficiency in pregnancy (WBM p135)
<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 fetus <ul style="list-style-type: none"> ◦ Higher doses are needed for pregnant women who have diabetes, epilepsy, BMI more than 30, or have had a previous pregnancy with a neural tube defect • Replacing 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>	
 <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>	

<p>Active ingredients (generic names)</p>	<p>IODINE (i-o-dine)</p>  <p>Iodine combinations Not included in this monograph — see <i>AMH</i> for information:</p> <ul style="list-style-type: none"> • Iodine + folic acid (eg <i>I-Folic</i>) • Iodine + multivitamins (eg <i>Elevit, Fabfol plus, I-Folic</i>)
<p>What it is used for</p>	<ul style="list-style-type: none"> • Makes sure both mother and baby have enough iodine during pregnancy and breastfeeding. Important for development of baby's brain and nervous system <ul style="list-style-type: none"> ◦ Antenatal care (WBM p92) ◦ Diabetes in pregnancy (WBM p118) ◦ Postnatal care (WBM p196) • Part of treatment for overactive thyroid (Graves disease)
<p>How it works</p>	<ul style="list-style-type: none"> • Replaces iodine needed to make thyroid hormones • Pregnant and breastfeeding women need it for good development of the baby's brain and nervous system 
<p>Side effects</p>	<ul style="list-style-type: none"> • Allergic reaction (rare)

 <p>Warnings</p>	 <p>Thyroid problems</p>
 <p>Tell the patient</p>	<ul style="list-style-type: none">• Take once a day while pregnant and breastfeeding — unless you have a thyroid condition
<p>Check</p>	

<p>Active ingredients (generic names)</p>	<p>IRON (i-on) Common brands include: <i>Ferro-Gradumet, Ferro-Liquid, Ferrosig, Ferrum H</i></p>  <p>Other medicines for anaemia Not included in this monograph — see individual monograph or <i>AMH</i> for information:</p> <ul style="list-style-type: none"> • Vitamin B12 • Folic acid (p288) <p>Anaemia medicine combinations Not included in this monograph — see <i>AMH</i> for information:</p> <ul style="list-style-type: none"> • Iron + folic acid (eg <i>FGF, Fefol, Ferro-F</i>) • Iron + Vitamin C (eg <i>Ferrograd C</i>)
<p>What it is used for</p>	<ul style="list-style-type: none"> • Strengthens the blood in people who have low iron stores or iron deficiency anaemia (weak blood) <ul style="list-style-type: none"> ◦ Pregnant women (WBM p132) ◦ Children (CARPA STM p116) ◦ Adults (CARPA STM p303) ◦ Women who have heavy periods ◦ People who have lost a lot of blood from injury ◦ People with kidney failure ◦ People who don't get enough iron from food they eat <p>Doses — Adults (CARPA STM p440), pregnant women (WBM p380), children (CARPA STM p119)</p>
<p>How it works</p>	<ul style="list-style-type: none"> • Iron is needed to build red blood cells which carry oxygen to body's cells • Iron and folic acid normally come from red meat, eggs and leafy vegetables, but sometimes this isn't enough for the body's needs 
<p>Side effects</p>	<ul style="list-style-type: none"> • Black faeces  <p>Nausea Abdominal pain Constipation</p>

 <p>Warnings</p>	 <p>Anaphylaxis severe allergic reaction – rare, with injection</p> <p>Interactions — Do not use together without medical consult</p> <p>IRON with:</p> <ul style="list-style-type: none"> • Doxycycline (tetracyclines), antacids, calcium, zinc — take at least 2 hours before or after iron medicine • Quinolones (eg ciprofloxacin) — take at least 2 hours before taking iron medicine • Levodopa • Thyroxine
 <p>Tell the patient</p>	<ul style="list-style-type: none"> • Too much iron medicine is dangerous. Measure amounts carefully. Keep in a safe place out of reach of children • Do not take with tea or coffee — they stop it working properly • Mixture can stain teeth. Mix with water and drink through straw • Some iron medicines need to be swallowed whole (eg slow-release or coated tablets) • Eat foods with lots of iron — red meat, leafy vegetables <div style="display: flex; justify-content: space-around; align-items: flex-end;"> <div style="text-align: center;">  <p>Lock up medicines</p> </div> <div style="text-align: center;">  <p>Take on empty stomach – unless upsets stomach</p> </div> <div style="text-align: center;">  <p>Healthy food</p> </div> </div>
<p>Check</p>	<ul style="list-style-type: none"> • Always have anaphylaxis kit with adrenaline (epinephrine) ready when giving iron injections (<i>CARPA STM p32</i>) • Check for and treat cause of anaemia (low iron) (eg heavy periods, NSAIDs, hookworm) <div style="text-align: center;">  <p>Do fasting iron studies, if needed</p> <p>Blood test</p> </div>

<p>Active ingredients (generic names)</p>	<p>ZINC Common brands include: <i>Zincaps</i></p> 
<p>What it is used for</p>	<ul style="list-style-type: none"> • Persistent diarrhoea in children (<i>CARPA STM p171</i>) • Growth faltering (<i>CARPA STM p161</i>)
<p>How it works</p>	<ul style="list-style-type: none"> • Zinc increases body's immunity to infection and reduces inflammation
<p>Side effects</p>	 <p>Nausea</p>

 <p>Warnings</p>	<p>Interactions — Do not use together without medical consult</p> <p>ZINC with:</p> <ul style="list-style-type: none"> • Calcium salts, iron medicines — may interfere with absorption of zinc. Take 2–3 hours before or after zinc • Quinolones (eg ciprofloxacin) — take at least 2 hours before taking zinc • Tetracyclines (eg doxycycline) — take at least 2 hours before taking zinc
 <p>Tell the patient</p>	 <p>Take with food or milk – if medicine upsets your stomach</p>
<p>Check</p>	<p>Warning stickers (p298): B</p> <ul style="list-style-type: none"> • Zinc is available in different strengths, you need to know the amount of elemental zinc in the medicine and check the dose in mg • See Table 2.1: Calculating doses (p313)