

# Folic Acid

## Why is this medication prescribed?

Folic acid is used to treat or prevent certain anemias caused by poor diet, pregnancy, alcoholism, liver disease, certain stomach/intestinal problems, kidney dialysis, or other conditions. This medication helps to relieve symptoms such as unusual tiredness and diarrhea that can occur with these types of anemias. Women of childbearing age should maintain adequate amounts of folic acid either through diet or supplements to prevent infant spinal cord birth defects.

Folic acid is a B-complex vitamin needed to form healthy cells, especially red blood cells.

## How should this medicine be used?

Take this product by mouth as directed by your doctor. Use this medication regularly in order to get the most benefit from it

## What special precautions should I follow?

Before taking folic acid, tell your doctor or pharmacist if you are allergic to it; or if you have any other allergies. Before using this medication, tell your doctor or pharmacist your medical history, especially of: vitamin B-12 deficiency (pernicious anemia). Folic acid is safe to take during pregnancy when used as directed. Certain spinal cord birth defects may be prevented by maintaining adequate amounts of folic acid during pregnancy. This medication passes into breast milk

## What should I do if I forget a dose?

If you miss a dose, use it as soon as you remember. If it is near the time of the next dose, skip the missed dose and resume your usual dosing schedule. Do not double the dose to catch up.

## What side effects can this medication cause?

Stop taking folic acid and seek emergency medical treatment if you experience an allergic reaction (difficulty breathing; closing of your throat; swelling of your lips, tongue, or face; or hives).

Continue taking folic acid and talk to your doctor if you experience any of the following less serious side effects, which have occurred with large doses of folic acid:

- nausea,

- decreased appetite,
- abdominal distention,
- flatulence,
- bitter or bad taste,
- insomnia, or
- difficulty concentrating.

**What storage conditions are needed for this medicine?**

Store at room temperature between 15-30 degrees C away from light and moisture

**In case of emergency/overdose**

If overdose is suspected, contact your local poison control center or emergency room immediately

**What other information should I know?**

Take this medication only under the supervision of your doctor.

