

## Folic Acid Supplement

Folic Acid (Folate) is a vitamin that is necessary for growth and repair of every cell in the body. This includes red blood cells, hair, skin, and nails. Folic Acid is also very important for the development of a human baby very early in pregnancy. It may help protect your baby from birth defects if you are taking an anti-seizure medicine.

### Warning

If your child is allergic to Folic Acid or Folate, he or she should not take this supplement.

### How to give Folic Acid

- Read the label carefully. Make sure you are giving your child the right dose. It is easy to confuse the many different doses and strengths.
- Chewable tablets may be chewed, dissolved in liquid, or swallowed whole.
- It is very important to give this supplement every day as ordered. Do not change doses or stop the supplement without talking to your child's doctor.

### If you forget to give a dose

If you forget to give a dose, give it as soon as possible. If it is almost time for the next dose, do not give the missed dose at all. Do not double the next dose. Instead, go back to your regular dosing schedule. If you have questions about this, check with your child's doctor or pharmacist.

### If a dose is vomited

If the Folic Acid is thrown up right after you give it, wait 10 to 20 minutes. Then give the same size dose one more time. If the vomiting continues, call your child's doctor.

### Medicine storage

- Store all medicines and supplements out of the reach of children.
- Do not keep this supplement in the refrigerator. Store at room temperature.
- Do not use this supplement after the expiration date printed on the container.

## **Drug and nutrient interactions**

Ask your child's doctor if it is all right to give any vitamin or mineral supplement.

**If your child is taking any other medicine or herbal supplements, tell your doctor or pharmacist.**

- Folic Acid may lessen the amount of these drugs in the blood: fosphenytoin (Cerebyx® or ProEpanutin®), phenytoin (Dilantin®), phenobarbital (Solfoton®), and primidone (Mysoline®).
- Green Tea may lessen the amount of Folic Acid in the body.

## **Possible side effects**

- Rash, itching, or redness of the skin (flushing)
- Malaise (feeling ill) in general, nausea, stomach upset, or a bitter taste in the mouth.
- Coughing, wheezing, or difficulty breathing (bronchospasm)
- Rash, itching, or swelling (allergic reaction)

## **When to call the doctor**

If your child gets a skin rash, or any side effects that continue or are very bothersome, call the child's doctor before giving another dose.

## **When to call for emergency help**

The following are signs of an allergic reaction to medicine in general that can be serious. If your child is having any of these side effects, do not give another dose. Call for emergency help or go to the Emergency Department if your child has any of the following:

- Trouble breathing
- Swelling of the tongue
- Swelling of the hands, feet, or ankles

## **Refills**

You will buy Folic Acid over the counter or in some cases you will be able to get a prescription from the neurology provider. Make sure to get more at least 2 days before the last dose is taken.