

The Royal Women's Hospital
Clinical Practice Guideline

Folate in Pregnancy

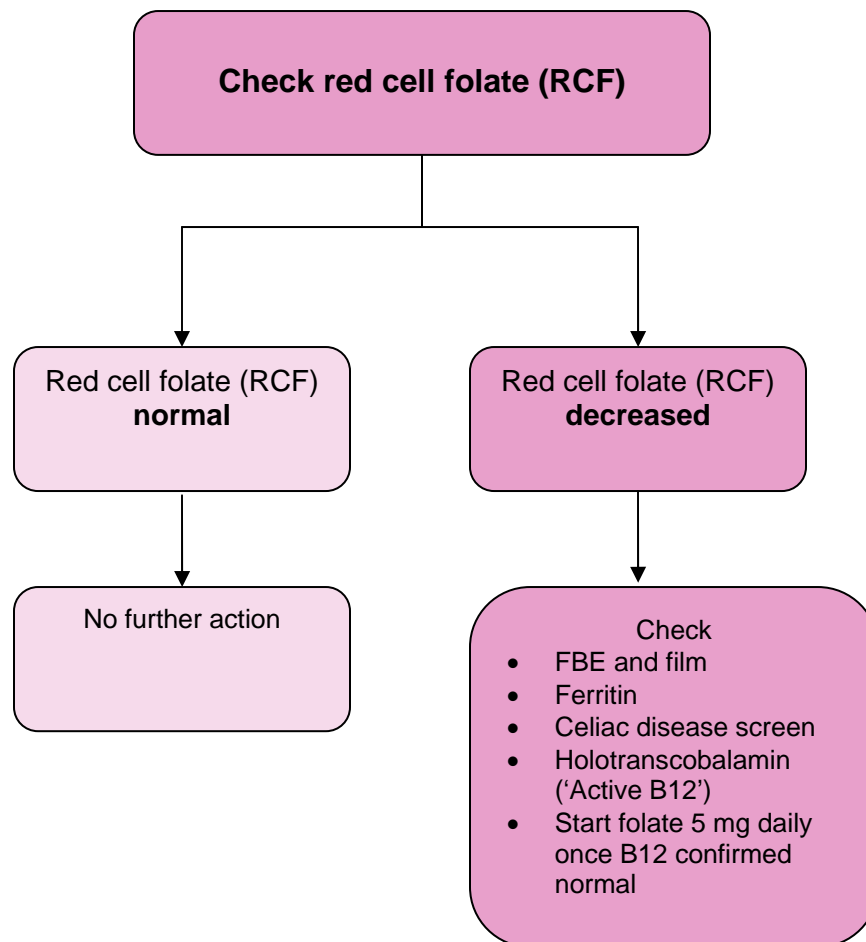
Folate requirement is increased in pregnancy.

The body stores folate for <3 weeks.

Red cell folate is a more accurate measure of folate status than serum folate.

Routine measurement of red cell folate (RCF) is not required unless:

- increased MCV
- poor diet
- prolonged hyperemesis/poor oral intake in pregnancy
- GIT pathology (celiac disease, Crohn's disease, gastric bypass etc).



Note:

- recommend 500micrograms (0.5 mg) folate daily for all women in 1st trimester
- recommend 5mg folate daily for women with chronic haemolysis or beta thalassaemia minor throughout pregnancy
- decreased RCF levels can occur due to B12 deficiency. Check B12 levels before commencing folate replacement.