

Vitamin B12 in Pregnancy

Vitamin B12 is essential for infant neurodevelopment. Undiagnosed maternal vitamin B12 deficiency may result in irreversible neurological damage to the breastfed infant. Although maternal vitamin B12 deficiency is uncommon, the majority of women with deficient B12 levels are asymptomatic. Routine measurement of vitamin B12 is not required; however check the serum vitamin B12 level if:

- increased MCV (mean corpuscular volume)
- vegetarian diet
- GIT pathology (coeliac disease, Crohn's disease, gastric banding/bypass etc)
- family history of vitamin B12 deficiency or pernicious anaemia.

Refer to the algorithm below for management of low or indeterminate vitamin B12 levels.

