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சுவசிரிபாய
SUWASIRIPAYA

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சுகாதார அமைச்சு
Ministry of Health

මගේ අංකය) FHB/MCU/M Anaemia/2021
எனது இல)
My No.)

ඔබේ අංකය)
உமது இல)
Your No.)

දිනය) 15/05/2021
திகதி)
Date)

Provincial Directors of Health Services,
Regional Directors of Health Services,
Heads of Institutions,
Chief MOH - CMC.

Diagnosis of anaemia and iron folate supplementation during antenatal and postnatal periods

Maternal anaemia still remains a priority health problem in the country. Scientific management of this condition, as well as iron folate supplementation during antenatal and postnatal periods are important interventions in the National Maternal Care Programme.

Based on the latest medical evidence and recommendation of the Maternal and Child Nutrition Sub-Committee, Ministry of Health has decided to make following changes to the above interventions:

1) Diagnosis of anaemia:

The present cutoff level of diagnosing maternal anaemia during second and third trimesters is changed to 10.5 g/dl. During the first trimester, the present cutoff level of 11.0 g/dl is not changed. Haemoglobin level <7 g/dl should be identified as severe anaemia. This should be implemented from 01/07/2021. Full blood count remains the recommended screening test for maternal anaemia. In an anaemic pregnant women, if MCV < 80fl and MCH < 27pg, appropriate referral should be made to exclude thalassaemia.

2) Iron supplementation:

During the second and third trimesters of the antenatal period and during the postpartum period, the recommended daily dosage for non-anaemic mothers is changed to 30mg of elemental iron. The regime for anaemic mothers is not changed. This should be implemented from 01/01/2022.

Relevant district and divisional level staff should take appropriate action to implement the above recommendations without fail, including logistic arrangements and staff education. Required stocks of ferrous fumarate and folic acid tablets (91.2mg + 400 µg) which have 30mg of elemental iron and ferrous fumarate and folic acid tablets (182.4mg + 400 µg) which have 60mg of elemental iron should be estimated for the year 2022 and beyond to avoid any shortage or excess.

You are requested to bring the above instructions to the notice of all relevant staff under your supervision.


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