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சுகாதார அமைச்சு

Ministry of Health

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எனது இல) DGHS/D/FHB/2010
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Your No.)

දිනය)
திகதி) 1st January 2015

Date)

All the Provincial Directors of Health Services,
All Regional Directors of Health Services,
Medical officers (Maternal and Child Health),
Medical Officers of Health,

Micronutrient Supplementation for Lactating Women

According to the National guidelines on micronutrient supplementation of lactating women, lactating women should receive the following micronutrients up to 6 months since delivery;

- Ferrous sulphate 200mg tablet once a day
- Folic acid 1mg tablet once a day
- Vitamin C 50mg tablet once a day
- Calcium lactate 300mg tablet once a day

According to monitoring data, it is observed that the coverage of micronutrient supplementation during lactation is only 10-20% of the target group. The micronutrient supplementation for lactating women is an evidence based intervention to ensure the health of the lactating woman after the child birth and to optimize the breast feeding. Therefore, please implement the following activities to improve the coverage of supplementation for lactating women:

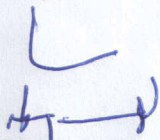
1. Provide above mentioned micronutrients to PHMs based on number of lactating women (up to 6months after child birth) to distribute during postpartum home visits (apply the same methodology as issuing OCP and Condoms to PHMs)

2. Use postnatal clinic visit, immunization clinic visits, monthly visits to weighing posts to distribute micronutrients to target group
3. Keep records of micronutrient distribution in pregnancy records both H 512 A and H 512B
4. Create awareness among women regarding the importance of continuing micronutrients for six months after delivery during antenatal classes, antenatal clinic visits, antenatal home visits and during postnatal clinic and home visits

Please note that adequate stocks of all the micronutrients are available at the Family Health Bureau and Medical Supplies Division.

Please take necessary arrangements to implement these instructions in your province/ district/ MOH area and your cooperation in this regard is highly appreciated.

Thank you,



Dr. RRMLR Siyambalagoda

Deputy Director General / PHS II