

General Circular.....01-34/2012.

'Suwasiripaya'  
Ministry of Health  
385, Baddegama Wimalawansa Thero  
Mawatha,  
Colombo 10.  
26... June 2012.

All Provincial Directors of Health Services,  
All Regional Directors of Health Services,  
Director/ National Institute of Health Sciences,  
Chief Medical Officer/ CMC  
All Medical Officers/ Maternal and Child Health  
Medical Officers of Health

**Supply of Folic Acid 1 mg tablets for Maternal Health Programme**

Provision of micronutrients for pregnant and postnatal mothers is an important intervention in the National MCH programme to improve health of mothers and newborns. From this year onwards, Ministry of Health has taken action to supply **Folic Acid 1 mg tablets** to all Regional Medical Supplies Divisions in the country to be used in the maternal health programme. These Folic acid tablets should be supplied to all MOH offices and hospitals conducting antenatal clinics and to be distributed exclusively for antenatal and postnatal mothers.

The prescription should be as follows:

**Women with a POA less than 12 weeks**

One tablet of Folic acid 1mg daily up to 12 weeks

**Women with a POA more than 12 weeks**

One tablet of Folic acid (1mg)

One tablet of ferrous sulphate (60mg of elementary Iron)

One tablet of vitamin C (100mg)

One tablet of Calcium Lactate (300mg)

Should use daily during second and third trimesters and for 6 months after delivery.

Please note that 1mg folic acid tablet is to fulfill the daily requirement during pregnancy and postpartum period and not for therapeutic use.



Dr. Ajith Mendis

Director General of Health Services

Cc: DDG (PHS11)

Director/ Maternal and Child Health

Director/ Health Education Bureau

Director /MSD

Director/ Training, ET & R unit

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